Physical Culture COOK BOOK

Dorothy Kalenowski

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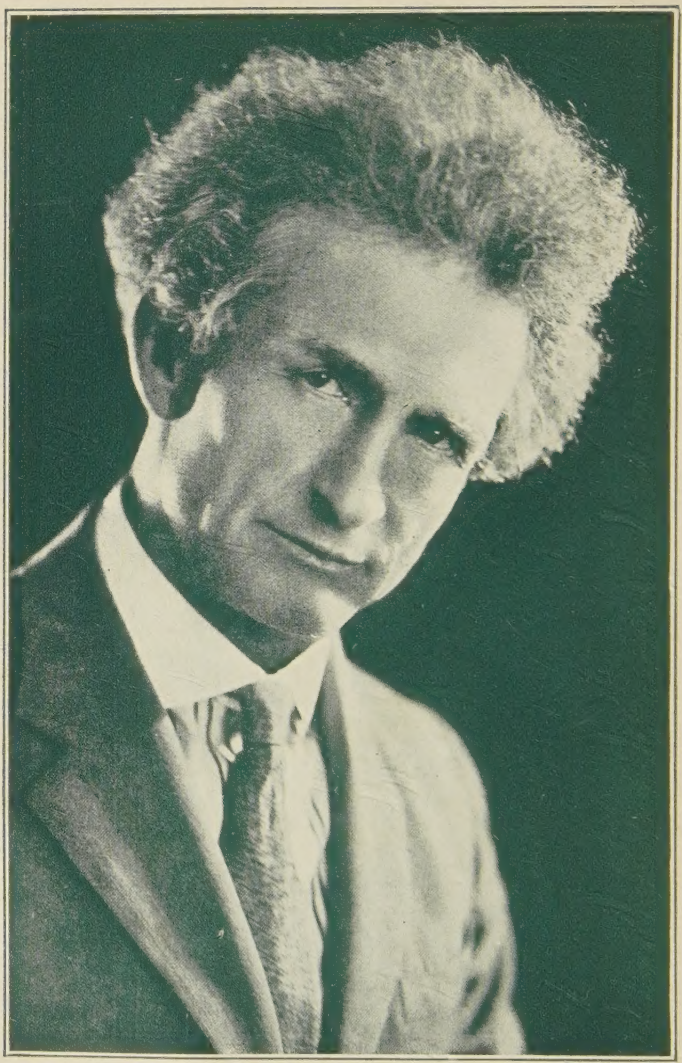

Photograph, 1923

PORTRAIT OF THE AUTHOR

Physical Culture Cook Book

BY

BERNARR MACFADDEN

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With the collaboration of

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PREFACE

PHYSICAL CULTURE MAGAZINE is known the world over as the great popular, practical health journal. It has a larger circulation and a greater influence than all other health publications combined. This power and prestige has been won by *Physical Culture* because the magazine and the movement it represents were founded upon sane and sound conceptions of the natural laws of health, life and happiness.

When *Physical Culture* was started twenty-five years ago it entered a world in which many foolish and artificial conceptions of life were prevalent. These ideas were a mixture of old superstitions and half-baked conceptions of new-born science. In regard to the physical life of man, the prevailing ideas and teachings were a combination, on the one hand, of medieval prudery, mock modesty and pseudo-morality, and, on the other, of medical dogmatism and scientific theory interpreted by medical minds.

The human body was either held to be a gross and unclean earthly habitation for the human soul, or it was considered merely as a vehicle which served to carry about the human mind on the various errands associated with the pious aim of piling up earthly wealth to be expended in riotous living.

With the exceptions of a few athletes and artists, people cared little for the appearance of the body and tried in every way to hide its existence, and preserve their ignorance of its form and functions.

This scheme worked out fairly well until pain and disease made their appearance—then the sufferer rushed to the doctor.

The doctor examined the neglected vehicle of life, named a disease and prescribed medicines. When the drugs proved ineffective he sometimes suggested a vacation or a change of climate, and, if he happened to be especially courageous, might endanger his medical reputation by mentioning the possible decay of physical strength through lack of exercise, or the poisoning or malnutrition of the body through bad feeding.

Today we live in a different world. These old conceptions still cling to the backward-minded, but are no longer the dominating views. In this change that has come about *Physical Culture* has been a great leavening force, working hand in hand with the progress of science, education and common sense.

The catastrophe of the World War has also done much to awaken people to a practical realization of the physical foundations of life. Bodily strength and physical vitality were then seen to be the basis of the life of individuals as well as of nations. Food, the source of physical life and energy, became more important to our existence than gold, or steel, or oil. Science was brought out of hiding in universities, and made to serve the needs of nations at war.

People became convinced of the importance of physical strength, health and energy. Health has become popular; a strong and beautiful body has become a thing of honor and glory, and the proper

feeding of the body a duty recognized and a pleasure to be enjoyed by all. In things physical and human, as well as in things mechanical and economic, ignorance and superstition have given way to enlightenment and progress.

In that foolish pre-war stage of our civilization the feeding of humanity was ruled by a mass of inherited dogmas and customs, upon which had been imposed certain newer conceptions devised and promulgated for profit. We ate what our grandmothers ate, or what the food manufacturer invented as a substitute for it. Many of those old food and cookery customs were established by women whose sole job in life was to feed their men folks. With increasing prosperity they fed them more food, and richer and more complex concoctions. The hotel chef with his greater professional skill and practically unlimited funds further complicated the viands of the housewife. Neither cared much, and both knew less than they cared, about the effect of food on health. People asked the doctor what the patient should eat while he was sick, but not what his eating had had to do with his illness. So the merry process of frying and roasting and baking, seasoning, pastrying and faking went joyfully on. The "groaning board" vied with the groaning patient, and bay windows were fashionable in anatomy as well as in architecture.

To the culinary skill of cooks, amateur and professional, was added the ingenuity of the food manufacturer. Being a good business man he was after the profits, and the way to get them was to

please the consumer. As long as the consumer judged food by appearance and taste only, the manufacturer made foods for appearance and taste only—and for low production costs.

Against this state of things *Physical Culture* protested. We advocated natural foods in contrast to the artificial foods, obviously made to please the eye and palate, and with no comprehension of their actual nutritional worth. We believed that science could and should find out what was the correct diet for man and what foods would best support life and health. In the absence of positive scientific knowledge, we taught that natural foods and natural flavors were more to be trusted than artificial products and artificial flavors created without any knowledge as to their actual worth to the human body.

Science was slow to get on the job. The first effort made by scientists was to chemically analyze all foods, but this knowledge was of no great worth because there was no real knowledge of what the living body really required. Science then took up the idea of standardizing the quantity of food, and set for its standard the average quantities that were found to be eaten by people who ate all they wanted. Lastly scientists became alarmed over the adulteration of foods, and we had a pure-food campaign. That eliminated the worst evils of adulteration, but it did not prove that the pure foods offered us were the foods we needed.

Within the last ten years an entirely new idea has arisen in the world of food science. That idea is to test foods not with chemicals but with living

creatures—human, where feasible, and when not, with animals. This method of investigation has entirely revolutionized food knowledge. The common-sense idea of natural foods has been found to rest upon sound scientific laws. Rare elements that escaped the detection of the chemist, or were ignored by him as too trivial to be of importance, have been shown to be of vital importance in determining health and disease, life and death.

Our long-advocated ideas of diet stand vindicated today by the methods of exact experimental science. Common sense has thus won a great victory over custom and convention. "Food cranks" have been recognized as wise and far-seeing people. All but the most hidebound and ignorant have ceased to make light of the study of the proper feeding of the human body.

I do not mean to say that *Physical Culture* has in its past teaching always been right and that conventional ideas have always been wrong; but our ideas have certainly been vindicated in the majority of cases. Nor do I mean that we have reached the stage of infallible knowledge and have nothing more to learn. But I do claim that the fundamental principles we have taught stand today upon a very firm foundation of scientific proof, and that those who follow them will be rewarded by a far greater degree of health and vitality than those who are content to take pot luck with ignorance and custom.

With a view to the further perfection of our knowledge, *Physical Culture* Magazine has established a Food Research Laboratory, where scien-

tific theories may be practically checked over and compared with the particular ideas of natural diet which we have taught. In the present book is given a statement of our ideas of food and cookery as they stand today. In *Physical Culture* Magazine you may follow the actual demonstration of these ideas, and the experimentation which will lead to greater certainty and further knowledge.

Bernarr Macfadden

Food Photographs arranged by Rose K. Mendel

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Physical Culture Cook Book

CHAPTER I

A Practical Cook Book

THIS is not merely another cook book but rather a work that aims to teach the practical art of selecting, preparing and serving food for greater health and physical development. Such a book must, therefore, contain more than mere recipes. But it must not be without recipes, for the theory is useless without the practical application.

The fitness of foods for building health and vitality is the primary consideration in this book. And yet we must also recognize the fact that the more immediate reason for eating is because food tastes good. The tastiness of the dishes must, therefore, be our second consideration.

Two further considerations are: the money cost of the food, and the time cost of its preparation.

The dish that tastes best, is most healthful, costs the least, is the quickest to prepare, and leaves the fewest dishes to wash, would be the best dish in the world and deserve to be on the bill-of-fare every day in the year.

THE BELIEF THAT "HEALTH FOODS" ARE TASTELESS

They tell us that in the good old pre-scientific days the doctors had a very interesting and popular

theory of disease. The disease, said these medieval doctors, was a devil that had crept into the human body when the patient's mouth was open. So the doctor, in order to drive the devil out, sent a chaser after him in the form of the most vile-tasting combination that the apothecary could concoct. If the devil couldn't stand the medicine and the patient could the disease devil came out and the patient got well—but if the patient died it was because the devil could stand stronger medicine than the patient.

Some lovers of the fleshpots contend that "health foods" are selected somewhat like medieval medicines, and include only those substances that are devoid of flavor. These critics admit that health foods may give long life, but insist that they taste like sawdust or chopped straw, and that they would rather die at the age of fifty with "full round belly with fat capon lined" than live to be a hundred on shredded corn-shucks.

The taste for various foods is partly a matter of inherited instinct and partly a matter of acquired habit. Some of the foods which seem most delicious to the unspoiled taste of natural man, are also the ones which are given the highest ranking according to our scientific knowledge of their healthfulness. Set a genuinely hungry man before a table of food that has passed the strictest censorship of the law of healthfulness, and he will find plenty to whet his appetite. But when he has eaten his fill, he begins to sniff about and ask for something more "tasty."

To such cloyed appetites the makers of eleven-

course dinners have catered, and to those long habituated to complicated cookery simple and wholesome foods may taste flat.

There are tricks of cookery that will make unwholesome foods taste good, and there are tricks of cookery that will make wholesome foods taste good after a man has eaten enough, and so encourage overeating. Tricks of the first class are altogether pernicious and to be condemned; but as to those of the second class, it is only when a man allows them to inveigle him into habitual overeating that there is any serious conflict between appetite and health.

In this book I shall not try to season foods in competition with the chef at the Ritz, or any other "classy" hotel; nor shall I try to chase out the devil of gluttony by feeding him on sawdust.

The fat and red-nosed gourmand is not the only one who has the idea of eating all wrong. I recall meeting a woman once who appeared to have read every health book ever published. Somewhere she had got hold of the idea that eating food that tasted good was a dietetic sin, and she seemed to have gone out of her way to find every unappetizing food that had ever been recommended as healthful. From the list thus compiled she had worked out a dietary to which she adhered as a sort of religious penance. She was underfed, anemic and underweight. When she asked me for advice on diet, I told her to hunt a boarding-place that had the reputation of having the best cook in town and to eat a Christmas dinner every day.

Somewhere between these extremes of fleshpot

gluttony and martyr-like avoiding of all pots that send forth a goodly savor lies the happy medium of good sense and good cookery.

"HOW TO SERVE AN INFORMAL DINNER!"

There have been some thousand-odd cook books published in this democratic country, and I have read or tried to read some hundreds of them. Many of them are ambitious efforts to elevate the dining standards of American life. From one that I found reposing on the shelf in a public library, in a community in which most of the women folks did their own washing, I learned "How to Give an Informal Dinner."

"The women's dress should be decolleté; for men evening dress is always *de rigueur*. . . . The butler wears a dress suit with a white tie. . . . The footman wears the livery of the family, or, in default of that, a dark-colored coat with brass buttons and a bright-colored striped waistcoat. The use of white gloves is not permissible (as it might indicate an effort to hide unwashed hands), and first-class butlers and footmen do not wear mustaches!"

This and a vast deal of similar nonsense is preparatory to the instructions as to the bill-of-fare. This includes twelve courses of which one is oysters, one is fish, one is meat, one roast fowl or game. That is, five kinds of animals to eat at an "informal dinner." For a *formal* dinner we might have to slaughter the animals of a circus or a zoo.

All this is very amusing, but, in a milder degree, the faults of pomposity and pretension run through many cook books. They seem to have been written to impress the reader with the fact that the author is at ease in high society.

After wrestling with the problem of planning this book, I have decided to include many old well-known dishes with the newer and less known foods which have been worked out by our Physical Culture school of cookery. By so doing I hope to make the recipe portion of the book a complete guide as to what to eat, and not merely an introduction to new and strange dishes.

But naturally I shall give less space to the preparation of the simpler and generally known recipes than to the newer things.

In every family there are certain wholesome dishes that are standard and which are used regularly—perhaps too regularly. To have these presented again in a cook book may seem like a waste of good paper. But these old standbys will vary with every reader, and those recipes that seem commonplace to one will either be new to others, or will recall to them old foods they have been neglecting.

The most useful cook book, it seems to me, is the one that will tell you how to make the greatest number of those dishes, which, having made once, you will find so simple, economical, healthful and appetizing that you will thenceforth adopt them for regular use. This consideration further justifies me in giving the most healthful dishes, no matter how well known and simple, instead of merely

those that are new. For it stands to reason that the dishes you are most likely to adopt are those which others have found practical for regular use. Not one person in a thousand would succeed in changing his diet into one consisting wholly of the rare and wonderfully made concoctions to be found in the pages of those pretentious cook books of which I have spoken.

I recall eating just one dinner in my life that looked as if every item, from soup to nuts, came out of a conventional cook book. It was a strange and fearful meal, prepared by a newly wedded graduate of a college cooking school. There wasn't a thing on the table that I could properly name, much less tell the composition of, except the bread, and that was cut into mysterious geometrical shapes. The funniest part of that wonderful meal was that my fellow guest was the over-educated bride's father-in-law, and, as I learned in a discussion after dinner, his occupation was that of village blacksmith. I have wondered ever since how domestic happiness is faring in that household. I have the suspicion that the bride has lost her illusions, and is now cooking corned beef and cabbage.

ON "SAUTÉING" AND "COMPOTING" AND EGGS À LA BOURGUINONNE

Americans who wish to eat in the French language will have to have this book translated, for it is going to be written in United States English. It isn't even going to be in scientific cookery

English, but just common folks' English. "Sautéing" is just going to be called "shallow frying," and "apple sauce" is not going to be called "apple compote," and if one puts flour and milk in a frying pan after cooking steak one is not going to get "sauce" but "gravy."

I realize that in doing this very democratic American thing I am in danger of losing the good will of some of the girls who are just back from cooking school. I am sorry about this, for I realize how hard the girls had to study in order to learn how to "sauté" the potatoes and "compote" the apples; and it's really a mean trick to tell the folks who stayed at home that things are still being fried and stewed. But I believe that the majority should rule, and that the majority of my readers will still prefer to talk like mother used to talk, even while they are learning to cook a little differently.

When it comes to naming the recipes herein contained, I admit that I am a bit puzzled. I shall try to name them so far as possible to indicate to plain American folks just what they are, but that isn't always so easy. For such recipes as I borrow from French cook books I shall not even get my French dictionary and try to translate the names. Instead I am just going to look at them and name them as Adam did the animals. If you don't like the names I give things, try them out and then rename them after the member of your family who passes the nicest compliment on them—as "Eggs au Henry," or "Potatoes à la Maggie." I'll guarantee, if you do this, the whole family will know

what is coming the next time you announce that dish for the bill of fare.

ON CAPERS AND CAVIAR AND OTHER RARE BIRDS

There are lots of interesting things that folks eat in Europe, and still more things that folks eat in Asia, that Americans don't eat because they can't get them. The introduction of rare ingredients into recipes is one of the glaring faults of most cook books. Not only are we told how to roast grouse, when we never saw a grouse to roast, but we are given a recipe the chief ingredient of which is a complete stranger to our pantry, and which we can find neither in the grocery store nor in the dictionary.

I have tried to reduce the number of these rare-item recipes, and especially to keep any items out of the recipes which would add nothing of value to them, and would make a difficult procedure out of one that was otherwise simple.

But while I have tried to keep out these less known ingredients that serve no particular purpose, I have given recipes for the use of some foods that may not be known, or available, to all of you. Several of the less well-known foods I have emphasized because I feel they should be more widely known and used. In some cases I have made suggestions as to where they may be obtained. Rare vegetables need not be rare next year, if you have a garden, and will get a good seed catalogue and look over the list of things you have wondered

about and invest a dollar or two in new-idea seeds. They won't all work out, but enough of them will to justify your small experimental venture.

If you haven't a garden, or if things won't grow in it, remember that there are large food stores that serve both city and country people and in which you can get many interesting new foods which your corner grocer does not supply. Also, if you live in a city with a foreign population, the stores that serve these people will have many foods which are new and interesting to you. I can especially recommend the Italian stores as being abundantly supplied with many vegetable foods worthy of addition to our American tables.

CHAPTER II

Appetite and Hunger

THE fundamental reason for eating is to supply strength and fuel for the body, but the direct, immediate cause of the demand for food is found in appetite and the ability to enjoy food. If we knew nothing about why food is necessary we should eat just the same, because of appetite.

Normal appetite is the expression of hunger, but appetite may express hunger, or it may express some condition of irritation that produces an artificial craving mistaken for hunger.

There is a fundamental difference between hunger and appetite. Hunger represents the absolute demand of the body for nourishment; appetite merely means a desire and capability of relishing food even when it may not be needed. Natural hunger appetite can always be obeyed safely and freely. The gratification of the abnormal or unnatural appetite is certain to be followed by harmful results in the long run, if not at once.

Abnormal or artificial appetite may often be stimulated by the use of condiments, alcoholic beverages, hot sauces and other means for tickling the palate. One of the best ways to make sure that your appetite is the expression of true hunger is to avoid these appetite stimulants. If you will confine yourself to foods containing only the flavors which Nature has given them, then you can depend upon it that your appetite will be normal.

The first and most important of all dietetic rules is, Follow your appetite. It is understood that this

means a normal appetite. It is a crime to eat without appetite under any circumstances. Thousands of people go to the table because it is mealtime. They eat because dinner is ready or breakfast is served, but, if they followed their own instincts, they would not touch a bite. In this matter your own instincts and not the convention of the house should rule. Not only is it a discourtesy to your stomach to force food upon it when hunger does not justify it, but it is a discourtesy upon the part of a hostess, or mother, or wife, or any one else, to urge you to eat when appetite is lacking.

There is an old notion that one must eat to keep up his strength. But strength from food depends upon good digestion. Good digestion depends upon appetite. It is only when the stomach is ready for food that the digestive juices are secreted and good digestion made possible. Furthermore, it is only when one is able to enjoy food that the proper digestive juices are secreted. Even the thought of palatable and attractive foods starts the secretion of the particular digestive juices needed to digest them.

There is a close relationship between the mental pleasure of eating and the process of digestion. Of two foods found scientifically to be of equal value from the standpoint of nutritive content, one will secure the more nourishment from the one which gives the greater amount of enjoyment. One should not attempt to follow prescriptions in diet when the foods advised are found to be distasteful. But it does not follow that any foods you like will be good for you. You may have cul-

tivated an artificial appetite which enables you to eat things that are not good for you, but you can depend upon it, invariably, that foods you do not like will not prove satisfactory.

If you have no appetite when the dinner bell rings, wait until you are hungry. It will not kill you to wait until the next meal. You could even wait two or three weeks, or longer, for your next meal, if your appetite should not put in an appearance. The drinking of water in the interval, or perhaps the use of a little acid fruit, will often tend to restore a clean, wholesome condition of the stomach, so that an appetite soon asserts itself.

In conditions of extreme fatigue or great nervous excitement, the appetite may fail entirely for a time. It is then best not to eat at all until one is sufficiently rested or composed to bring back a state of normal hunger. It takes nervous energy to digest food. When the nervous forces are too much depleted good digestion is not possible. So it pays to wait until a comfortable, peaceful state of the mind and emotions enables you to really enjoy your food.

It is because of the necessity for appetite that the two-meal-a-day plan is so much more satisfactory than three meals a day for a great many persons. Farm work, piano-moving and outdoor life may give you the appetite for three big meals a day. The desk-worker, however, seldom requires so much food. If you have never practiced the two-meal-a-day plan try it for a week, and see if your appetite is not better and your relish of food much keener. A great many persons who are un-

der weight and suffer from digestive disorders, will find that their stomachs improve and that there is an increase in weight upon adopting the two-meal-a-day plan.

The best test of an appetite is found in the ability to relish the plainest and simplest foods. A small boy may ask for a piece of bread and butter and jelly between meals, saying he is hungry, but if he is willing to take a piece of plain dry bread without butter or jelly and can eat it with a relish, then you may believe him, though "piecing" between meals is a bad practice that should be avoided. Horace Fletcher once described what he considered to be a real appetite. He said if you are going by a house in which some one is baking bread in the kitchen and upon sniffing the odor of the baking bread you feel that you want to stand still right there on the sidewalk and whinny like a horse, then you know that you are hungry. If you will cultivate an appetite like that by never eating except when hunger indicates a real need for food, you can usually depend upon avoiding stomach trouble.

The one great sauce and appetizer, good in all countries and all climes and on all dishes, is plenty of outdoor exercise. No fat banker, dallying over his roast while he wonders about the game and tries to forget the fish, can possibly compete in zest with a farm hand who wades into beans or potatoes after pitching hay all day. Flavoring and seasoning, good cooking and attractive service, may stimulate the appetite, but honest hunger makes the appetite, and honest exercise, combined with

the habit of temperate eating, makes honest hunger.

However fine an artist the cook may be, she is casting her pearls before swine when she places the products of her skill before those who sit down to the table less hungry than they should be when they leave it. Given a genuine appetite, pleasing cookery is comparatively easy; without such an appetite it is so difficult that the most highly skilled cook may struggle in vain to win the approval of her overfed master.

With an honest appetite, three-fourths of the over-spiced and over-fussed recipes of these pretentious cook-books can be discarded at once. At the best, they are a waste of time; at the worst, an effort to perpetuate the fault they attempt to cure by stimulating the jaded appetite to one more mouthful and yet another until the success of one meal becomes the ruin of the next, and the food drunkard developes the same contempt for ordinary wholesome food that the alcohol user does for weak tea.

CHAPTER III

Make Eating a Pleasure

THE dining-room should certainly be made as comfortable and attractive as possible. It should neither be a barren and frigidly formal room, nor should it be so used for other purposes as to be always cluttered up.

When no room is available for this exclusive purpose and the kitchen is large enough, the latter often becomes the dining-room. In such cases it is sometimes possible, by building in a pantry or rearranging the furniture, to greatly improve the appearance of the kitchen.

When the dining-room is not all that you could wish and must be used for purposes other than that of dining, there is more occasion for changing the eating place for certain meals, or at certain seasons of the year. The kitchen may be used for breakfast and, perhaps, for the noon meal; while the evening meal, whether it be called dinner or supper, may be served in the living-room. A screened porch, when available, is certainly a fine place for noon and evening meals in the summertime. Most country houses have a porch which already is, or might cheaply be fitted with screens for the purpose, and even in the city house such an agreeable adjunct has sometimes been provided by the architect.

AN ATTRACTIVE TABLE

Given a comfortable and attractive place to dine, the next consideration is the appearance of the

table. A clean white oil-cloth is better than soiled linen. When one does not care to go to the trouble of keeping white linen immaculate for twenty-one meals in the week, oil-cloth will be found a very satisfactory table covering. Such a covering looks quite as suitable in the kitchen as does linen, and might be reserved for breakfast in that room, while the table for the other meals, served in the dining-room or living-room, is more conventionally treated.

The table should not be too crowded with dishes. If one is serving elaborate meals this condition can be avoided only by having some dishes removed and others brought on as the meal progresses. This is easy enough, if there is some one to act as waitress. If there is not, a sideboard convenient to the table will aid. Better still, where the meal is not served in the room in which it is prepared, is the serving-table on rubber wheels.

The arrangement of the dishes on the table, or of bouquets of flowers, are matters that the housekeeper need not learn out of a book. There are rules printed in books that tell us where the knife goes, and whether the plate should be this side up or that; but all such formalism tends to kill individuality and breed snobbishness. Nine-tenths of such nonsense is probably not practiced by the people who write it, and ninety-nine per cent of it does not fit the circumstances of the people who read it.

The taste for cleanliness, neatness and beauty is worth cultivating; but the dead formalism of rules for the petty details of eating or dressing is based

upon the human tendency to follow in the footsteps of those who, because of the possession of more wealth, are able to complicate their lives with trifles. So work out your own method of laying the table and serving the food. If some parrot-minded busybody tells you that the "best people" do it so and so, reply by saying that you do it thus and so, and that the "best people," always having imitated someone else, don't really know anything about it.

ATTRACTIVE SERVING

The food as it appears on the table should be attractive to the eye. The use of cooking dishes that are attractive enough to appear on the table contributes to this end without making extra labor. Glass and earthenware baking-dishes, now in common use, permit the oven-browned food, which looks so appetizing, to be brought to the table without dishing it out, spoiling its appearance and adding to the number of dishes that have to be washed. Such service in many cases can be extended to dishes that are cooked in pots on top of the stove. Dish up the food in suitable ware and set it in the oven a few minutes to keep warm, or to crust over.

Where the food is of the sort that will not make an attractive appearance as a whole, it may often be brought to the table in individual dishes. To make individual servings without waste requires knowledge of the amount of food that each member of the family is likely to eat, but a good family cook

soon acquires this knowledge, and should act upon it. The antiquated idea of urging every one to eat the maximum of food is contrary to all sane ideas of economy and health. Such a custom is "good taste" only among people who conceive that the cook's function is to fatten the human animal as a farmer fattens pigs, rather than to keep him in the prime of condition as the trainer keeps the race-horse.

The preparation and serving of excessive food is a threefold abomination. It encourages gluttony, which destroys health; it wastes food, which is folly and a crime; and it leaves a dinner-table looking like a refuse heap, which is neither beautiful or an evidence of breeding or culture. But some people are dreadfully afraid that others might think they did not have enough to eat, if everything on the table were eaten. When I see people indulging in this absurd practice of providing twice as much food as can be or should be eaten I know they are doing it in an effort to prove that they are not poverty-stricken, and I feel like suggesting that, instead of ruining health and wasting food, they attain the end in view by serving, as a last course, a platter of money.

Since appetites will vary, and one is not supposed to know the appetites of guests, a sensible compromise is to provide what you deem to be a reasonable amount of all such dishes as are wasted, or look mussy, when not eaten up clean; and, in addition, to provide for the satisfaction of excessive appetites, a superabundance of two or three foods which, in any case, may help out in an agree-

Photography by Jessie Tarbox Beals

For enjoyment in eating it is necessary not only that the food be palatably cooked, but also that the dining-room be comfortable and attractive. The appointments of the table may be extremely simple and at the same time infinitely pleasing. Dishes and silverware may be inexpensive, yet artistic, and with soft lighting and a centerpiece of flowers or ferns, nothing more is needed.

Photograph by Jessie Tarbox Beals

In warm weather the pleasantest place to eat is out of doors. A corner of the porch can be used for dining *al fresco*, and this need not interfere with its being used for ordinary porch purposes at other times.

able manner in the forming of future meals for the family. In the ordinary meal, bread will serve this purpose of a safety-valve for varying appetites; while towards the end of the meal nuts and dried fruits, such as dates, figs and raisins, will fill up anyone who has not had enough to eat during the previous servings. But even this practice will lead to overeating, if followed three times a day. At breakfast and luncheon, at least, everyone should leave the table while still hungry. At the evening meal, when guests are more likely to be present, we may, perhaps, countenance eating to a fuller state of satisfaction. If such a fuller meal be served and eaten at noon, then the supper should be a light one.

BUYING FOODS FOR QUALITY

For the finished dish to taste its very best, every step in its making and serving must be right. This process really begins with the growing of the food. Those removed from the land must accept what the market affords. The foods of the market will vary from the poorest to the best grade, but quality will not always be according to price. Knowledge of how foods are produced and marketed, and good common sense, will go a long way toward making a little money buy more food quality.

Nothing short of continuous observation and experimenting with the various sources of supply in your market will enable you to get the best quality of foods. It requires both money and intelligence to do this.

THE PREPARATION OF THE FOOD

With the good food purchased, the next step in the process of making a tasty dish is in the proper combination of the various ingredients that go to the making of a complete dish. That is the main service that the cook book can render you, for in it you get the benefit of the experimenting and experience of others who have tried many food combinations prepared and cooked in various ways. Some food flavors are enhanced when combined with others; some, good in themselves, will destroy each other when combined. For instance, fresh pork is unpalatable as an ingredient for soups and stews.

Experimental cookery is great fun if one has time for it, and anyone can make occasional new recipes that will be a great success, since thousands of combinations are possible. But since there are also thousands of possible failures, we do well to begin where others leave off and follow the general principles they have worked out.

The third factor in the making of the quality of the finished dish is the cooking process. This means the application of certain degrees of heat and moisture for certain lengths of time; but there are other processes associated with it, such as the aerating of bread with yeast, or with soda and acid; the beating and whipping of eggs and cream; the chilling of gelatin and other foods. In all these processes one must gain by practice the ability to judge when the desired results have been secured.

The cook book can give the science of it, but there are so many factors which may vary that, for cookery on a home scale, the following of scientifically worked-out methods is not always practicable. Hence a large element of "art" or skill is required.

The dish prepared, there is still the proper time and condition for its serving to be considered. This is largely a matter of temperatures. Some foods taste best warm, others cold. That is why women folks get angry when we are late for dinner. Then, too, there is the question of what dishes are best when eaten together, or following one another. Iced tea and mutton stew do not go well together, nor ice-cream and hot cocoa. No cook-book is needed to teach us many of these things, but rather experience and common sense.

THE APPETITE AND FOOD VARIETY

The appetite beginning to tire of one thing may take on new zest when a contrasted flavor is presented. This fact is the basis of the dinner of many courses. This changing of food flavors to stimulate the appetite is a practice very easily abused, and may lead to overeating, just as may the use of condiments and artificial flavors. For that reason I do not advocate a meal with too many different dishes.

Simplicity for the sake of temperance and health also leads to a great economy of time in cooking and dish-washing. But if we go to too great an extreme in limiting the menu, those who have

been trained to eat at more elaborate tables will fail to find our meals appetizing.

The greater the variety we secure from meal to meal, and from day to day, however, the simpler we can make the individual meal. It is more satisfactory to have but one main dish at a meal and never have two meals, or two days' menus alike, than it is to have a dozen dishes on the table today and the same dozen tomorrow.

But habit plays us funny tricks in these matters. Often a man who will puzzle over a restaurant bill of fare for half an hour in ordering a dinner, will eat boiled eggs for breakfast every day in the year and object if the cook changes from white-shelled eggs to brown ones.

Part of the pleasure of variety comes in the surprise, which joy the cook does not share. There is joy also in the anticipation of some rare viand like the Thanksgiving turkey, while a regular scheduled routine of less delectable foods is notorious as an appetite killer. The boarding-house joke in which boarders calculate the coming of stewed prunes, or fish cakes, as astronomers reckon the coming of eclipses, bears witness to this fact.

CHAPTER IV

Chewing Your Way to Health

NEXT to eating without appetite, perhaps the most serious food crime one can commit is that of swallowing one's food without chewing it.

Fast eating is one of the many vices of the American people. People dig their graves with their teeth by failing to use them.

Our teeth, like eyes and ears, were given us to be used. The more you use them and the better you use them, the longer both you and your teeth will last. Horace Fletcher founded an entire philosophy of health upon the simple practice of the thorough chewing of food.

The work of digestion is really commenced in the mouth. If food is dumped into the stomach by a rapid bolting process, it is not in a fit condition for digestion. It should first be partly digested through the action of the saliva in the mouth. Thorough chewing is necessary to bring about the mixing of the saliva with the food. After it is thus treated, the stomach is able to take care of it without difficulty.

Wise men have known this for no one knows how long. Gladstone, the English statesman, made it a rule to chew each mouthful of food thirty-two times. This was a good way to secure sufficient chewing, but the amount of mastication should really depend upon the nature of the food. The best plan is to chew all food as long as there is anything left of it to chew. If you keep right on masticating until the food has reached the con-

dition of a liquid, then you may be sure that it is ready to be digested easily and without difficulty.

Horace Fletcher taught that when food is reduced to a liquid through prolonged chewing, it would pass down the throat involuntarily, that is, without any conscious effort at swallowing. He found that by following this plan he could live on a much smaller amount of food than is usually considered necessary.

Thorough mastication is a true economy measure. It is not what one swallows, but what one assimilates, that gives strength. If a small amount of food, thoroughly chewed, is perfectly digested, one may get more benefit from it than from a large amount of food which is hastily swallowed and, therefore, poorly digested. Furthermore, there is a great waste of vitality in trying to digest and assimilate food that is not properly prepared for the stomach. If you have but six minutes in which to eat, do not attempt to eat a full dinner, but eat what you can eat properly in six minutes. It is better to take just a little food and masticate that properly, and thereby assimilate it perfectly, than attempt to crowd your stomach quickly with unmasticated food.

Some people are naturally small eaters. Sometimes they are above the normal in weight. It is because of good assimilation. You may find others who are below weight, and yet eat more food than those who are heavier in proportion to their height. They do not digest what they eat. You can improve your digestion by eating only when hungry, and also by thorough mastication.

One of the advantages of thorough mastication is the greater enjoyment of food. If you like to eat, if you eat for the sake of eating, then, most of all, you should take time to chew your food. Chew each morsel and extract every trace of taste from it. In many cases, the longer you chew, the better the taste. Even if you eat less at your meal through this plan, you will enjoy it more.

Those who are accustomed to gormandizing, especially, will do well to heed the foregoing. Thorough mastication will probably do more to help one avoid overeating and obesity than any other practice. The normal condition of the stomach thus brought about seems to give one an instinctive impulse to quit eating when one has had enough.

Try to spend from half an hour to an hour at your meals, depending upon whether you are having a light lunch or a hearty dinner. Even liquid foods should be masticated, whether fruit juices, milk, soups, or what not. Milk, when taken by the young creature direct from the mother, is taken slowly, almost drop by drop. It is thus masticated, mixed with the saliva. One should never drink a glass of milk as one drinks a glass of water. It should either be taken through a straw, or sipped very slowly, or, better still, close the lips on the glass with an opening so small that you have to make an effort to draw in the milk somewhat in the manner of a suckling baby.

In feeding babies from a bottle, care should be taken that the nipple permits the passage of only a tiny stream of milk. Such nipples are very aptly

called "anticolic." At least twenty minutes should be allowed for a suckling baby to feed.

In the case of meats, prolonged mastication seems to be less important than in that of other foods. Carnivorous animals gulp their food. Saliva is not essential to digestion of meat, but masticating meat undoubtedly helps its digestion, for when it is ground into fine particles by the teeth before swallowing, the digestive juices can penetrate its substance more easily.

The temptation to neglect chewing is an ever-present one and is aggravated by our methods of preparation, wherein the miller's mill and the cook's pot do practically all the chewing in advance. Some resolute persons have been able to establish the habit of chewing all food whether it needs it or not. But chewing cornstarch custard is too much like boxing with a ghost; when I chew I like to be hitting something with my teeth. Yet I confess frankly that I eat many foods (and that I have put very many recipes for such foods in this book) which do not need chewing for mechanical reasons, and which are yet of such a nature that, by reason of the chemistry of digestion, they should be chewed, or at least moved about in the mouth until sufficiently insalivated, before swallowing.

It is almost impossible, at least with the conventional raw materials, to make use of desirable combinations and cooking processes without getting a lot of these soft "chewless" foods. But you can, at least, provide some foods with every meal that will require a comfortable degree of healthy,

natural chewing. This does not mean that the foods must be hard, or dry and dusty, or tough as rubber. Good, firm whole-wheat bread, dry or buttered toast, the firmer, uncooked fruits and vegetables, all require a natural amount of chewing. Nut meats require considerable chewing if they are to be completely digested. Natural uncooked grains require more chewing than man is equipped to give them, but boiled whole wheat, cooked until tender, or boiled rice, cooked Chinese fashion, with the kernels whole, and not made into a porridge, are typical foods that induce a natural and wholesome degree of mastication.

The foods most frequently under-masticated are porridges, puddings and other soft masses containing a large amount of starchy materials. If such foods are served, they should either be masticated deliberately, or eaten with other foods requiring real mastication.

CHAPTER V

Water Drinking at Meals

A MUCH discussed question is whether or not the drinking of water at meals is advantageous from the standpoint of digestion. The answer cannot be given without considering the matter of thirst. Many people drink so much water with their meals that it is doubtful whether they are not more thirsty than hungry. If one is truly very thirsty and craves water, it is undoubtedly better to drink water to quench the thirst.

There is an old popular theory to the effect that the drinking of water at meals dilutes the digestive juices and thereby interferes with digestion. I believe that this conclusion is incorrect. The real trouble comes from the use of water, or other liquid, to wash down the food without sufficient mastication. As a result not enough saliva is secreted. Moreover, the act of chewing and the consequent secretion of saliva has been shown to stimulate the flow of the gastric juice, even before the food reaches the stomach. When a meal is washed down by water, the total secretion of digestive juices is therefore insufficient to meet the needs of digestion. The actual drinking of the water—if the act is separated from the swallowing of food—would not produce this effect.

When we eat food, and there is not enough water in the stomach to bring it to a proper degree of solution, the walls of the stomach secrete water, or a more watery gastric juice, which is the same thing, until the proper percentage of water is pres-

ent in the stomach. On the other hand, when we drink water with our meals in excess of the amount required for ideal digestion, the surplus is quickly absorbed through the stomach walls and the food material again brought to a proper concentration for digestion.

From the above explanation you will see that the drinking or non-drinking of water with meals does not effect the condition of the food in the stomach so much as it does the water content of the blood. If the amount taken were excessive, the stomach contents would be somewhat affected, along with the blood and other body fluids. Under these circumstances, the body as a whole could not function at its best until the condition was corrected.

Experiments in the laboratory seem to prove conclusively that assimilation is facilitated through the drinking of water at meals. This would seem to indicate that not enough water had been taken in the intervals between meals. When there is a pronounced thirst, the addition of water increases the capacity of the digestive organs to accomplish their work.

Most of us do not drink enough water. Preoccupation with our work often keeps us from doing many things which would be to our advantage. It is not desirable to force down large quantities of water if one is not thirsty, but it is well always to cultivate what one might term a natural thirst. Every hour or two during the day take a drink. If you take enough vigorous exercise, engage in athletic pastimes, or do hard manual work, your

pronounced thirst will drive you to drink—of course I mean water. But if you have a sedentary job, you are likely to neglect this practice. If you drink enough water between meals, you will not feel the need of it so much at the table unless the foods eaten are exceptionally dry. In any case, you should follow the impulse of thirst at meal-time.

The temperature of the water we drink is another important matter. The ice-water habit is one of the typical American's greatest crimes against his stomach. If ice water were slowly sipped, as ice cream is eaten, it would not matter. The trouble is one gulps it down, and the result is a chilling of the stomach that is naturally detrimental to its functions. Some people can do it, and survive for a time. In other cases, it stops the digestion, produces headache, and brings about trouble generally. Water that is moderately cool is not only more conducive to the health of the stomach, but, when one becomes accustomed to it, more enjoyable than that which is ice-cold. Fairly cold water is refreshing under certain conditions, as on an exceedingly hot day, but even then it should not be ice-cold.

There is no question that the use of hot water before a meal is conducive to good digestion. In order to comprehend the reason for this we must consider the action of the stomach upon the arrival of water in that organ. If the stomach is empty, or practically so, and the water received is warm, the pylorus opens and permits part of the water to flow on through into the small intestine, thus aid-

ing in its more ready absorption. As a result of this action the stomach is flushed out. Also, the warm water induces an increased flow of blood to the region. This is a good preparation for the arrival of food on the scene. Hot water may even be taken in connection with the meal, providing it is not used to "wash down" the food. The popularity of tea and coffee is due, not altogether to the flavor and stimulating effect of these drinks, but partly to the fact that they are served hot. It is largely because of the feeling of comfort brought about by a hot drink that they are so much used. But it would be ever so much better if people would use plain hot water; or what is sometimes called pink tea, consisting of hot water with a bit of cream and sugar; hot water and honey; grape tea, consisting of hot water with a little grape juice and sugar; or some other hot fruit drink.

Milk is often used with meals, but it should be taken as a food, and not as a thirst-quencher. Milk contains water to the extent of seven-eighths of its bulk, but this water is in proportion to the amount required for the digestion of the milk solids—for Nature has fixed it so that the nursling animal, until it learns to drink water, must receive its needed water through milk. Milk, therefore, furnishes its own necessary water content, and leaves no surplus for the liquefying of other food elements. Even the proportion of water found in milk is not always sufficient for the young, as babies and other young animals are found to thrive better if given additional water. The living body

readily disposes of surplus water by excretion through the kidneys or skin, and there is far greater danger of too little than too much water.

Although the drinking of hot water before meals is by no means new, very few people have learned the value of drinking it after meals as an aid to digestion. If you have eaten a hearty dinner, the drinking of anywhere from one to three cups of hot water one hour or more after finishing the meal, or at any time after dinner that you feel thirsty, will help remarkably in the task of digestion and in assimilation. Here, again, the action is similar to drinking before meals, and stomach digestion has now proceeded to a point where it is advantageous to stimulate the forward flow of the contents into the intestine.

CHAPTER VI

Nut and Fruit Diet

OF all limited diets a combination of nuts and fruits is one of the most attractive.

People very commonly regard nuts and fruits as they regard candies and desserts. Children often look upon them as luxuries. They should, however, be considered, not as tidbits, but as part of a healthy, normal diet.

Fruits have a value distinctively their own in supplying mineral salts, vitamins and food acids which are very valuable in the work of digestion. Fresh fruits are low in protein and fuel elements. Most of them contain eighty per cent or more of water. But with the water removed by evaporation, as it is in figs and raisins, we secure a high food value per pound in the form of fruit sugar.

As recently shown by investigations in the Physical Culture Food Research Laboratory, the sugar of fruits is decidedly superior to cane sugar.

Nuts are a highly concentrated and very rich form of food. Nuts are rich both in fats and proteins, and for this reason are especially adapted for combination with fruits.

The fruit and nut diet also has the advantage of being uncooked. It is the most strictly natural diet that one can adopt. The very mention of nuts and fruits has a "back to nature" suggestion. It is a diet upon which our nearest animal relatives, the anthropoid apes, subsist. It makes a beautiful and clean diet, a charmingly palatable

diet, and it supplies food that is vital and alive in the best sense.

A nut and fruit diet, therefore, would seem to be the ideal diet for the human race. It happens, however, that through long centuries and countless generations men have found it necessary, during their migrations through various lands and under various climatic conditions, to resort to other foods in order to avoid starvation. Man has a wonderful faculty for adaptation. In this process of adapting himself to a large variety of foods, many of them edible only when cooked, he has, in a large measure, lost the ability, or inclination, to subsist on his natural diet of nuts and fruits. To return to a strict diet of this kind, and to exclude all other foods, would be somewhat revolutionary.

A good many people have tried the plan of living on nuts and fruits exclusively. I have myself experimented with this diet for weeks at a time. I can only say that I have never had better health. This is also true of the experience of others who have tried this diet while under my observation. There seems to be a distinct freedom from illness when on this kind of a diet. It is conducive to a condition of internal cleanliness. It keeps the alimentary canal and the body as a whole in a healthy and wholesome state.

But the habits of a lifetime are not easily upset. Although one may thrive on the fruit and nut diet, there comes in time a craving for cooked foods and for some of the dishes to which one has been accustomed during the many years preceding the experiment.

It may be merely the force of habit, or it may be a real physiological need for the food elements contained in the dishes craved for. At any rate, even though one may enjoy this diet, it is not likely that one would be entirely and continuously satisfied with it.

There is another factor which makes the diet objectionable in some cases. Nuts are sometimes found to be difficult to digest. I do not believe that this ever holds true of a normal or healthy stomach; but if one's stomach is weakened for any cause nuts may be difficult to digest, and it is not wise to court trouble. It is better to recognize your dietetic limitations, and stick to foods that agree with you.

One reason for the difficulty of digestion commonly ascribed to nuts is that they are so often eaten between meals, either with candy, or in candy, or instead of candy. If one eats nuts or anything else between meals, one deserves the trouble that may result. If nuts are eaten only at mealtime, thoroughly masticated and used in combination with fruits or other foods, I believe there will be very little trouble in digesting them. Remember that they are richly concentrated, and that a very small quantity is sufficient. Probably four ounces of nut meats each day would be a sufficient allowance.

I hardly deem it wise to recommend nuts and fruits as a continuous diet. I believe, however, that for a few days or a few weeks, such a diet would have a refreshing and beneficial effect.

I would also recommend an occasional meal of

nuts and fruits. For instance, a very satisfactory and hearty lunch will be secured from the combination of dates and walnuts, perhaps, with some fresh fruit, such as oranges, peaches, or apples. For a substantial meal, bananas, dates, figs, raisins and, perhaps, other dry fruits, may be used in combination with nuts of any kind. The juicy, acid fruits may be used when a less substantial lunch is desired, or in addition to the heavy sweet fruits just mentioned.

Some people find that certain special fruits do not agree with them. Many persons, for instance, cannot eat strawberries. A very few may not be able to eat apples. A few may not be able to eat plums or peaches. If you have any idiosyncrasies of this kind, it would be best to govern yourself accordingly. Do not try to overcome them. You are likely to get the worst of it. Merely use those fruits which you find through experience agree with you. There are some people who find it difficult to eat fruit of any kind, because of certain sensitiveness to acids. This, however, in nearly every case is the mark of a disordered stomach. Following a fast of a few days, in which the stomach may regain the normal condition, I believe that it should usually be possible to live on a diet containing fruit in plentiful quantities without trouble. But this is a question which must be determined, to a large extent, through personal experience.

CHAPTER VII

Raw or Natural Diet

ALTHOUGH the human race has become habituated to the use of cooked food, yet it is probable that the best health can never be enjoyed except when a certain amount of uncooked food is also used.

The life-giving elements of food must be, to a certain extent, impaired or destroyed in the process of cooking. Chemical analysis in the laboratory may not disclose any essential change in the make-up of a certain article of diet; but there must, nevertheless, be some change in the value of the food, just as there is an undeniable change in its digestibility. Some foods can be digested when cooked which are very poorly digested in their raw state. On the other hand, there is no doubt that those foods which are palatable or digestible in the raw or natural condition lose something which is beyond the power of the chemist to analyze or ascertain when they are cooked.

Something in the way of scientific recognition of this fact has resulted from the discovery of "vitamins." No one as yet seems able to state definitely just what vitamins are. It is only known that certain foods have vitamins and others lack them, and that some vitamins may be destroyed in the process of cooking. It is a curious fact that foods which are the most edible in the uncooked form, including fruits, green salads, milk and eggs, have vitamins in greatest abundance. It may be that the mysterious and elusive elements or quali-

ties, to which has been given this name of vitamins, have something to do with the vitality-giving quality of the uncooked, natural foods.

In actual practice it is found that the well-to-do classes, and these are invariably the more healthy classes, eat a larger proportion of uncooked foods, such as fruits, nuts, salads, milk and milk products. Even a small amount of these foods in the diet seems to have a pronounced effect.

I have tried living entirely on uncooked foods for months at a time. I have known others who have done the same thing for a longer period. The results are invariably gratifying. One enjoys a high degree of vitality and energy. But it is often inconvenient to follow such a regimen, and when other foods are available the old and deeply-established cravings for various cooked dishes are likely to assert themselves. Nevertheless, in many cases of digestive trouble, fermentation, acidity and the like, a complete change for a time to a raw or natural diet is advantageous.

A person accustomed to hearty meals of cooked food will find that, after a meal of uncooked food, he does not experience the full feeling, or the feeling of satisfaction, that he is accustomed to. If he really prizes this satisfied or full feeling, he can usually get it under such circumstances by taking some warm drink, either warm milk, or a hot fruit drink, such as grape tea (grape juice, hot water and honey).

For the most part the combining of various ingredients and their treatment by heat in cookery will not affect the chemical elements. Fat will

still be fat, and sugar will still be sugar, no matter how much they are cooked.

But in other cases the nutritive elements of the food are altered by cooking. The vitamins are among the elements which may be destroyed by the heat of cookery. Probably some of the proteins are also rendered less available to the body by the application of excessive heat.

Science may be able to tell us more definitely about these fine points of cookery in the future, but this much we know now: it is not safe to select a diet composed wholly of cooked and preserved foods. Some of the foods should be eaten fresh and uncooked, particularly in the case of fruits and leafy vegetables. I also advocate the use of some uncooked fresh milk, and, if you do not dislike the flavor, of some preparations containing uncooked eggs.

Most important of all is the use of uncooked green salads. Uncooked green leaves, when added to the diet of animals that have been experimentally made ill by feeding them deficient foods, bring quick recovery. Whole raw milk, cream, or butter, often has the same effect, depending on the particular nature of the deficiency. Since all these foods are excellent in the uncooked forms, it seems the height of folly not to use them in that form, to some extent.

An uncooked diet should not include foods which require cooking to make them palatable and digestible, such as beans. It should, preferably, include only those foods which are palatable, attractive and digestible in their natural state. A

great many vegetables which are ordinarily cooked may be eaten raw. Carrots, turnips and others of this class, are really palatable in the raw condition. Practically all children delight in raw carrots.

Rolled wheat, oatmeal and other grains, may often be eaten raw with good effect. Grains used in this way are very palatable when combined with dates or figs and served with milk or cream, or honey. One bowl of raw cereal of this kind may very well make up a part of one meal each day when on an uncooked diet.

For the protein supply of an uncooked diet one may depend either on nuts, or upon milk, buttermilk, cheese, or any combination of these that may be attractive. Three or four ounces of nut meats per day should be sufficient. Fruit may be used without stint, according to the appetite. Figs, raisins, dry prunes and other dry fruits may be highly commended as substantial and nourishing foods. Bananas may be placed in the same classification. Dates are almost ideal as a source of heat and energy. The combination of dates and nuts is very popular as a confectionery product, and should be rated no less highly from the standpoint of food value.

Green vegetables of all kinds, in the form of salads, may be commended. These are desirable only if palatable. Perhaps the best dressing in the world is one composed of lemon juice and olive oil, half and half. If desirable from the standpoint of flavor, a little salt, or French mustard, or sweetening, may be used in this dressing.

Speaking of sweetening, the ideal food for this purpose is honey. Honey has less tendency to cause fermentation than ordinary sugar. It seems to be very easily and satisfactorily digested in most cases. There are very few people who cannot eat honey, or who do not enjoy it. It may be used as a sweetening for milk drinks, or drinks of any kind. It is the ideal sweetener to be used in the feeding of infants, in place of sugar, if anything of the kind is desired. To a large extent, of course, any desire for sweets is satisfied, when on the raw diet, by the natural sugar found in fruits, whether these be among the fresh, acid fruits, such as oranges, peaches, or pears, or the concentrated sweet fruits, like dates, raisins and figs.

Milk and buttermilk may be used freely in the uncooked diet. Cheese is especially attractive in combination with green salads.

In the recipes of this book you will find many dishes that are composed partly or wholly of uncooked foods. The name "Cook Book" is thus not wholly accurate, the more exact title would be "Food Preparation Book"; however, we use the more familiar term. Even the most conventional cookery serves us many uncooked dishes, as strawberries and cream, or raw salads.

I have not deemed it necessary to segregate the cooked and uncooked recipes; indeed it is impossible to do so, since many dishes have both cooked and uncooked ingredients.

Those who wish to try the uncooked diet can readily select the recipes suited to their purpose, and easily add others of their own devising. One

of the advantages of the uncooked diet is that it involves less labor in preparation. Your common sense will tell you what foods are suitable for eating uncooked, and a little ingenuity and experimenting will show you the tastiest combinations.

CHAPTER VIII

The Vegetarian Diet

THERE are two types of people who advocate and practice the vegetarian diet. There are vegetarians who object on humanitarian grounds to the killing of animals for food. Again there are vegetarians who adopt and advocate the fleshless diet because they believe it superior from the health standpoint.

It is altogether probable that some day the world will advance to such an extent along humanitarian lines that the killing of animals for food will be discontinued. At present, however, we are mainly concerned with the practical question as to whether or not the use of meat is physically advantageous.

The term vegetarianism is not commonly used in a strict sense. Taken literally it suggests the use of food from vegetable sources only. The strict vegetarian, therefore, would avoid eggs, milk, butter, cheese and all products of this kind. Most vegetarians, however, use these animal foods rather liberally, making them take the place of meat to supply animal proteins. The strict vegetarian endeavors to secure his supply of protein from nuts, beans, peas, lentils and wheat, or other grains.

There is no doubt that most people eat too much meat. Dietetic experiments in Europe have proven that the health of the people has been greatly benefited by restrictions in food, and apparently most of all by limitation in the use of meat. It seems to be fairly well established that

even though a very low protein diet may not be best, a diet containing a smaller proportion of protein than would be contained in a typical meat-eater's diet is beneficial.

The elimination of meat from the diet usually means a lessened proportion of protein. Amongst dietetic experts there has been some difference of opinion as to whether or not the beneficial results secured in various experiments were due to the fact of avoiding meat, or to the mere fact of using less protein.

Meat is stimulating. Whether or not this stimulating influence is advantageous is another question. In some cases it may be. This may account for the feeling of strength experienced, or supposed to be experienced, after eating heartily of meat. Apart from the protein, meat contains other elements which give it flavor, and which not only make it stimulating but, if used excessively, injurious. Obviously the flesh of a killed animal contains the waste products in process of removal. This is not true of milk and eggs. In eating meat we add to our own body wastes, or decomposition products, those in the flesh of the animal.

It would seem, therefore, that a vegetarian diet is a cleaner diet, and there is an undoubted basis for the view that it makes for a cleaner and more wholesome body, a purer and better quality of blood and, possibly, a better standard of health, thought and emotion. Certainly many lifelong vegetarians have enjoyed splendid health, and have proven conclusively that animal flesh is not a necessary part of the diet of mankind.

The cause of vegetarianism has often suffered injury by reason of the evidently frail health of some of its advocates. The real explanation of the lack of robust health on the part of these unfavorable representatives of the diet is perhaps to be found in the fact that it was poor health, originally acquired on a regular meat or mixed diet, that caused them to make a change in favor of vegetarianism. Perhaps this new diet has saved their lives, perhaps it has made them worse; the case remains unproven.

There is no doubt that there are vegetarians who are unsatisfactorily nourished. This may be due to a lack of protein, mineral salts, or vitamins, and more rarely to a lack of sufficient food of any kind.

I have personally known of cases in which the experiment of living on a strict vegetarian diet has been followed by a loss of weight and a decline in energy. Upon resuming the use of meat, the former weight and energy were regained. It is evident that the loss of weight and energy, in such cases, must have been due to the failure to secure ample nourishment from the vegetable foods used. When eggs, milk, buttermilk, cheese and butter, which really constitute animal food, are consumed, there is rarely any such falling off in health and vigor.

I am convinced that when there is any tendency to gout, eczema, neuralgia, or rheumatic disorders, these dairy products should be used in place of meat.

I have no doubt that a certain amount of food of animal origin is necessary, in many cases, if one

desires to enjoy a high degree of vigor. These animal proteins, whether in the form of meat, fish, fowl, or the products of the dairy, are apparently assimilated more easily than certain proteins of the vegetable kingdom. The protein found in beans, peas and similar products does not seem to give equal results in growth and vitality. For a time it was believed that these vegetable proteins were different, that is, that they were not complete proteins. But more recently the deficiency seems to have been found in a lack of the proper mineral salts. When these are added the vegetable proteins become more efficient than meat proteins, though still inferior to milk. Milk is, in fact, especially rich in the salts which the vegetable proteins lack, hence the wisdom of using it with the vegetarian diet.

If one secures a sufficient and satisfactory supply of dairy products, to which may be added the proteins found in nuts, beans, wheat and other grains, I am convinced that one will suffer no detriment to health because of the lack of meat.

The greatest difficulty in adopting the vegetarian diet is probably the influence of habit. If one has been in the habit of using meat in considerable proportions from childhood up to maturity or middle age, then it is only to be expected that a sudden change to a vegetarian diet would give rise to intense cravings for the accustomed meat. Generally speaking, revolutionary changes in diet should be made gradually if possible.

The question of vegetarianism is one for the individual to decide for himself. The best plan,

usually, is to decrease the amount of meat. It is undoubtedly best to limit meat to one meal a day. If meat seems to agree with you, it is not necessary to be alarmed over the fact that it forms uric acid. The stimulating quality is undoubtedly based upon these impurities, and they can be neutralized by the liberal use of fruit, green salads and vegetables, while anyone in good health, especially if muscularly active, will possess such powers of elimination that all poisonous wastes not neutralized will be removed from the body. Too much meat, however, imposes a strain on the kidneys. In Bright's disease, or other kidney trouble, it is highly important not only to avoid meat, but to adopt a low protein regimen generally.

The vegetable diet has often been found compatible with athletic endurance. Many races of men living on a meatless, or practically meatless diet, have great endurance. The same is true of athletes who have trained on a vegetable diet. On the other hand, many Marathon runners, boxers, wrestlers and others, have developed extraordinary powers of endurance while using a considerable amount of meat. The odds seem to be somewhat in favor of the vegetarians, but the question of superiority from the standpoint of endurance is one that has not yet been settled beyond all possible dispute. I am personally convinced, however, that if the diet is properly proportioned in quality and quantity, and adapted in detail to the needs of the individual, the uncooked diet would come first, the vegetarian second, and the mixed or meat diet last.

CHAPTER IX

The Mixed Diet

ALTHOUGH almost any diet that contains a variety of foods may properly be called a mixed diet, the term is used specifically to cover a diet which includes meat as well as foods of vegetable origin. The Esquimaux, about the only race of people on earth who are almost exclusively carnivorous, are so from necessity, not from choice. They are able to exist only by eating the glandular tissues of the animals they consume, especially the livers, as well as the muscular and fatty parts.

It should be remembered that the carnivorous animals devour not merely the muscle and fat of their prey, as we do, but also the blood, internal organs, and sometimes bones, skin, hair and claws. In this way they secure all the elements needed for the nutrition of their own systems. But civilized human beings do not attempt to eat anything but the muscular tissue of animals, and perhaps some of the fat. We have a repugnance against eating the blood and viscera of animals, but it has been demonstrated that carnivorous animals cannot thrive without these very elements of their prey. For this reason even if man were naturally carnivorous, it would be necessary to supplement meat in our diet with foods that supply its deficiencies.

The promptings of the appetite have established the habit of serving with meat one or two vegetables and a raw salad, together with bread and other accessories; and no one would relish a diet of meat without some vegetable accompaniments.

So numerous are the accessories, in fact, that it is much easier to dispense with meat than with the rest of the ordinary table fare.

A great many dietetic authorities regard the mixed diet as ideal, holding that man is neither strictly carnivorous nor vegetarian by nature. The truth is that man has such an extraordinary power of adaptability that he can live and thrive on a greater variety of foods than, probably, any other animal, and yet it may be granted that some of the foods that he can keep alive on are not ideal in all respects.

A mixed diet appears to be the most popular diet in all parts of the world where people can secure animal food. Some races are vegetarian for reasons of poverty. Granted the desirability of a mixed diet, the question still arises: How often should one eat meat and how much meat is required?

There is no doubt that in the United States at least, and probably in England and other prosperous countries, people eat altogether too much meat. This is especially true when the table fare also includes such high-protein foods as eggs, milk, cheese, nuts, peas and beans. A sufficient amount of protein is necessary, but an excess of protein is only a burden to the system, and especially to the kidneys. It is highly desirable that one should eat meat not more than once a day, and not more than a quarter of a pound at that meal, unless you confine your meal to meat alone, or meat and green salads. This is often a good thing to do when one especially craves meat. There are some people who

cannot advisedly eat meat at any time, but there are few people who cannot eat a quarter of a pound of meat a day if it is properly balanced by green vegetables and fruits and whole-grain products.

In many cases, probably, the plan of eating meat three times a week is to be preferred. The great mistake made by the majority of people is not in eating meat, but in eating an excess of it with other unsuitable food elements at the same meal.

Since the conventional American diet does include an excessive amount of meat, I shall plan this cook book to discourage a too plentiful use of flesh foods. I will give a few simple recipes for preparing the more wholesome meats in the more wholesome ways. I shall also give a number of recipes in which meat flavors are introduced into vegetable dishes, to the end of aiding you to reduce your meat consumption for the sake of both health and economy. But I shall give you a superabundance of better ways of preparing vegetable dishes, and an ample variety of tasty food combinations that do not contain meat.

You will find no "meat substitutes" listed as such, for the very good reason that we need no meat substitutes because we do not really need meat. The meat substitutes which occupied such a prominent place in vegetarian cookery until a few years ago were based on the theory that the high proportion of protein in the meat diet was beneficial. This idea has been thoroughly disproven. Meat substitutes never served any useful purpose except that of helping the meat-eater to

break a habit by giving him something which seemed like meat. Coffee substitutes perform a like service—and just at present the country seems to be full of "alcohol substitutes." Whether harmful or harmless, all such substitutes are mere compromises with habit. The only meat substitutes you will find in this book are savory, appetizing and nutritious non-meat dishes.

If you are a vegetarian, or wish to become one, omit those chapters in which meats are used, and you will still have a very full range of recipes for vegetarian cookery.

The only reason that special vegetarian cook books have hitherto been needed is because most other cook books have devoted their space to meat cookery and pastry cookery, and have neglected vegetable dishes. This practice was the more inexcusable, because most readers already knew more about cooking meats and making cakes than they did about cooking vegetables.

Regarding meats, as regarding white flour and similar denatured foods, the health campaign against them has been necessary because of their overuse. The healthful diet can omit or avoid either or both of these groups of foods, or it can use both with intelligence and moderation. Which you will do I leave to your decision. This cook book is written so that it will be equally useful to you in either event.

CHAPTER X

Healthful Cookery

AS has been said before, the most healthful dishes and the most palatable dishes are not necessarily the same—nor are they always different. Some of the most wholesome foods are the most palatable; certainly ripe fruit comes in this class. But some of the least wholesome foods are also considered quite palatable—plum-pudding and mince-pies might be mentioned as generally accepted examples.

We can, therefore, have four kinds of cooks: First, the cook who serves us tasteless food that is unwholesome; second, the cook who serves us tasteless food that is wholesome; third, the cook who serves us tasty food that is unwholesome; and, fourth, the ideal cook who serves us tasty food that is also wholesome. This makes three wrong ways of cooking and only one right way.

The cook cannot create chemical elements and, be she ever so skilled, she cannot make a wholesome diet out of sugar, coffee, white flour, meat, potatoes, cornmeal and lard. These food substitutes, with the exception of coffee, are harmful to health, not because of what they contain, but because of what they lack, being deficient in essential food elements which no cleverness in cooking can supply. Potatoes are the least objectionable item in the list, and may be counted upon not to make the diet any worse; but all the other items require to be bolstered up with "protective foods" if they are to be used at all.

There is also the question of the food quantity, wherein the cook is only partly responsible. If people will insist on not eating enough, or eating too much, the best cooking in the world cannot save them from under-nutrition or obesity, with all the ills that follow in the wake of each of these conditions.

In all justice to that much abused person, the restaurant cook, it should be said that though his cooking were perfect his customers might still ruin their digestions by choosing their orders badly, eating wrong quantities and eating in a wrong manner. The wife and mother who is food buyer, cook and hostess has an opportunity to be also health director to her family. As such she can see to it that the purpose of her cooking is not entirely defeated by inattention to the rules of wise eating.

She can select the original food materials properly; she can serve them to the various members of her family in approximately the correct portions for their individual needs; and she can discourage the tendency to bolt the food, not only by serving the meal in deliberate fashion and providing something to chew on in at least a part of the bill of fare, but also, when necessary, by direct admonition.

SELECTING A COMPLETE AND BALANCED DIET

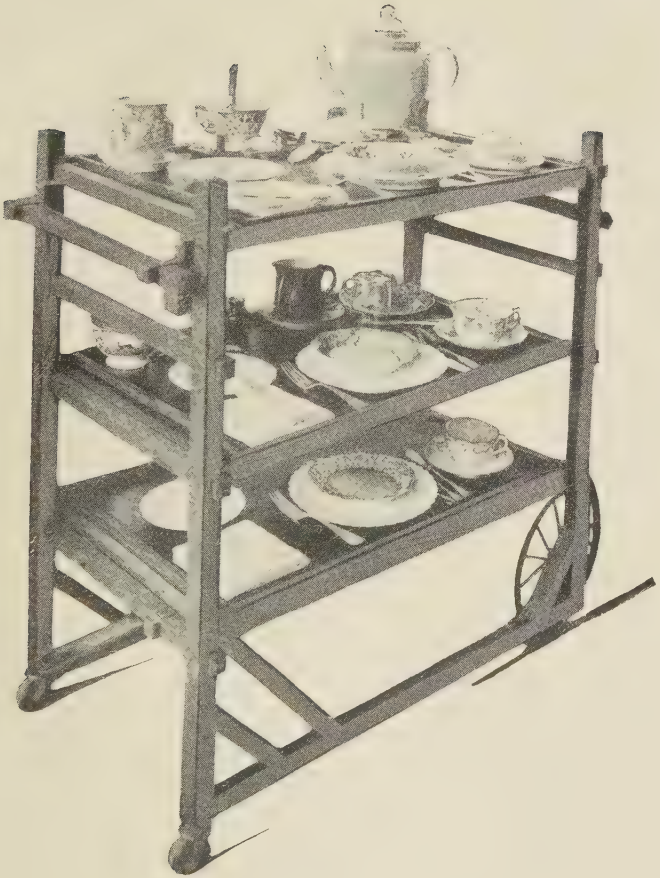
I want this volume to be a practical cook book; hence I cannot discuss at greater length the prin-

ciples of food chemistry and the laws of human nutrition. These subjects are fully discussed in my book, *Eating for Health and Strength,* which is a companion volume for this cook book.

It would be unwise, from a practical point of view, to try to make every recipe chemically complete. From among a thousand recipes, all good for their purpose, it would be possible to select a diet that would be incomplete and unbalanced, and for that reason I will review briefly the chief points that must be kept in mind in selecting a diet capable of maintaining the highest degree of health and strength.

The most abundant nutritive elements, and the ones of which we require the largest quantity, are the fuel foods. These foods are oxidized or "burned" in the body, producing heat and energy. They may be stored temporarily in the form of fat, but fat is merely stored fuel and is not real living tissue. Fat is nature's provision against an irregular fuel supply. If we are going to eat every day, having enough fat on our bodies to run us two months without fuel food is not only unnecessary but lessens our strength and efficiency.

The fuel foods are fats, sugars and starches. We should eat enough of these foods to keep up an ideal body weight, but anything over the amount required for that purpose is worse than useless. Since fats, sugars and starches form about nine-tenths of the entire bulk of our food, we can approximately judge the total quantity of the food we should eat by the effect on the body weight. When we eat too much we take on



Photograph by Jessie Tarbox Beals

The "tea wagon" is a great step-saver. It is useful not only in conveying food or dishes to and fro between kitchen and dining-room, but also as a side or serving-table during the progress of a meal. This form of wheeled serving-table occupies little space, yet its series of shelves will hold a great number of dishes.

Photograph by Jessie Tarbox Beals

Simple means of achieving attractiveness in dining—the pleasing effect of handsome dishes enhanced by the touch of a flower.

weight; when we do not eat enough we lose weight.

But note carefully that in the ideal condition of body weight the muscles are filled out smoothly, but there is no deposit of fat observable as such. If you are already fat, you should not eat to keep up your weight, but either fast or under-eat for a time to reduce your weight. Eating to keep up your weight when you are already fat or overweight is overeating and is positively harmful to health. The same applies in a reversed form to those who are distinctly underweight. But if you are very thin, you require not more fat so much as more muscle. You cannot grow muscles by food alone, but only by food and exercise.

In addition to the fats, starches and sugars, which are fuel and fat-forming foods only, there are several other elements in foods which, while required in smaller quantities, are absolutely essential to life and health. These substances may be roughly classed in three groups; the proteins, the mineral salts and the vitamins. Protein is the building material of the body. Active tissue is practically all protein. Growth cannot take place unless this protein is supplied, nor can life be continued without growth unless the waste of the active tissue is renewed. But the quantity of such actual building material required is not great. There is less danger of there not being enough of it than there is of its being poor in quality.

Mineral salts and vitamins are required in still smaller quantities, but that small quantity is absolutely essential, for without these substances

the highly complicated life process cannot go on.

It is these last elements, small in quantity, but important in effect, which are the most likely to be lacking in the diet. The danger of such deficiency is due to the adoption by civilized man of certain foods which have been removed from their natural sources and given to us in a "pure" form. Such mistaken efforts in purification result in food products that are said to be denatured, devitalized, or deficient. The most glaring example is perhaps crystallized sugar. But in this case it is not only a question of removing other essential ingredients that should be associated with the sugar, for we have in the sugar itself—in this concentrated form—a positively harmful element.

Rendered or extracted fats, whether of vegetable or animal origin, are devoid of any food element except the pure fat. White flour is not quite so completely denatured as sugar and lard, but its use is more likely to render the diet deficient as a whole, because it forms a larger proportion of the total food intake. Polished rice and degerminated cornmeal are in the same class as white flour, and their use is equally dangerous when they form a large bulk of the diet. Corn syrup is also wholly denatured, as it is made from pure starch.

In addition to the chemical deficiency, that is, the lack of salts and vitamins, these denatured foods have two other faults. The first is that they make dishes which require little or no mastication; and the second, which is closely related to the first, that they contain little, if any, fiber or

"cellulose." This substance is not digested, but it is essential in the diet for this reason. Man's digestive apparatus was built to function on foods in their natural condition, and these contained varying amounts of such cellulose fiber. This left a residue which was bulky enough to distend the intestines naturally, and which was moved along by the peristaltic contractions. When this fiber is removed from the diet, the food residue is so reduced in quantity that it does not move freely, and the poisonous wastes of digestion are not removed promptly enough from the body.

A diet which includes any considerable proportion of the denatured foods mentioned must, therefore, lead ultimately to weakness and disease, while one composed of such foods alone would soon cause death. Denatured foods are not harmful because they contain poisonous or harmful substances, but because of what they do not contain, and because they crowd out more natural foods from the diet, or lead to overeating in an effort to secure enough of the rarer elements.

The denatured foods are so well established commercially, and our methods of cooking are so much based upon them, that it is difficult to avoid them entirely. It is not necessary to do so if they are used together with other foods that are particularly rich in the elements in which they are lacking. The foods that possess a superabundance of the deficient elements have been called "protective foods." The best protective foods are whole-wheat products, milk, butter and eggs, leafy or green vegetables, tomatoes and citrus fruits.

In this cook book I have given some recipes in which the denatured foods are used as ingredients. I have done this because I realize how much we are creatures of habit, and how difficult it will be for you to break off entirely from the articles of diet you are accustomed to. Also I realize that many clever effects in cookery can be secured by the use of these denatured foods. Indeed this fact accounts for their wide adoption and general use.

But I have not used the denatured food ingredients as frequently or abundantly as they are used in the conventional and notoriously deficient American diet; and I have made much more frequent use of the natural and protective foods. If you make a general selection from the recipes I have given, you need not worry about your diet being deficient or unwholesome. It could only become so if you picked out the recipes calling for considerable quantities of denatured ingredients and avoided the more numerous ones calling for natural or protective ingredients. I must depend on your intelligence not to do this.

COOKING WITHOUT WHITE FLOUR

The arguments against white flour are: that it is lacking in nearly all the ingredients needed in a complete diet, and that such a deficiency is especially dangerous in flour, because it is likely to form a large portion of the diet. The arguments for it are: that it makes the lightest and nicest-looking bread, and that it is difficult to make nice cakes or

pies without it. In other words, "lightness" and "whiteness" are its chief advantages.

The lightness depends on the presence of a protein substance called gluten which is viscous, or gummy, so that it holds the dough together and prevents the escape of the gas bubbles which make it "light." This same gluten is retained in whole-wheat flour, but the bran gives it a granular effect and allows more of the gas to escape; hence whole-wheat breads cannot be made quite as light as white-flour breads. The nearest substitute for wheat gluten in this respect is eggs, which are commonly used to give lightness to cakes and corn bread.

In most of the recipes given in this book, "flour" will be designated without specifying whether it is white flour or whole-wheat flour. This leaves you some discretion in the matter. My general advice is to get into the habit of using whole-wheat flour, and making white flour the exception, instead of the rule. There are a few things like angel food that cannot be made satisfactorily out of whole-wheat flour. There are also many things in which flour is required, but only a spoonful or so; then it will make no particular difference which kind is used. Since the white flour is objectionable for what it lacks, and not because of any harmful element it contains, we need not eschew its use altogether. The important thing is to use the more nourishing whole-wheat in those foods which call for flour in quantities. This, of course, means chiefly breads. However, many of the cakes, cookies and pastries usually made of white

flour are as good, or better, when made of whole-wheat flour. Pie-crust can be made of whole-wheat flour, though it is a little difficult.

There is no harm in using white flour in small quantities in a diet that contains an abundance of other foods that are rich in the minerals and vitamins which the white flour lacks.

CHAPTER XI

Spoiling Good Foods with Bad Cookery

IN the preceding chapters I have discussed the selection of foods in their relation to health. Here I want to discuss the healthfulness of foods as affected directly by the cooking processes.

While it is a matter somewhat in dispute as to whether cooking seriously affects the chemical composition of foods, we know without consulting a chemist that cooking very materially affects their digestibility.

Soggy dough is indigestible. In a few cases by intention (dumplings for example), and more frequently because of failure in cooking, we are served with heavy, gummy masses of dough. White flour is the chief offender in this respect. Almost any white-flour bread-product can, when warm, be made into a dough-ball which is impenetrable to the digestive juices.

This condition is due to under-cooking, insufficient leavening, or too much water. Cornmeal and whole-wheat products may be as "heavy," but they never form such a sticky, dense mass, because their granular composition makes them more crumbly.

Fat and sugar both emphasize this defect, and a soggy cake is worse than soggy bread. The greatest offender of all is the notorious plum-pudding, in which the packed mass of sugar, fats and flour is cooked in boiling water until it becomes almost as indigestible as chewing-gum. Fat and

starch combinations are none too digestible at best, but they are worse when they are soggy.

THE QUESTION OF FRIED FOODS

Frying as a method of cooking has been generally condemned from the standpoint of wholesomeness. I will not attempt to defend it, for undoubtedly the coating of food elements with hot fat does not improve their digestibility. But the degree of harm that comes from frying depends on how it is done. The mere greasing of a griddle or skillet to keep food from sticking while cooking does not work any particular injury to the food, and, indeed, a like process is necessary in most baking operations. On the other hand, certain foods can be fried in deep fat in a way that quickly coats the foods over so that they do not become thoroughly grease-soaked.

The intermediate stage of frying in shallow grease, or of frying crumbly substances that soak up large quantities of grease, is decidedly objectionable. With a few exceptions, such as French-fried potatoes, I would caution you to use the smallest amount of fat in frying that will keep the food from sticking to the skillet or griddle. The use of a good spatula, or pancake-turner, will greatly facilitate operations, and after a little practice you will find that you can fry foods without having them soaked with grease.

Butter and the various vegetable fats, both solid and liquid, are the most wholesome fats to use in frying, besides having the best flavor. The notion

that lard is the most satisfactory cooking fat is prejudice pure and simple, having no more foundation than the idea credited to the ancient Chinese who are said to have believed that the only proper way to roast a pig was to drive him into the house and set fire to the house.

THE EXCESSIVE USE OF SUGAR

The sugars form a considerable bulk of the natural diet of man, and our love for sweets is founded on physiological needs. But there are several kinds of sugar which differ slightly in chemical composition and also in sweetness. The most abundant sugar in the natural diet is dextrose, and this is the kind of sugar that exists in the blood and is essential to our physiological processes. Other sugars must be reduced to this form before we can assimilate them.

Cane sugar, made from either cane or beets, is probably the least wholesome of sugars; yet we use it most. It is also the sweetest of sugars, and by its use we cultivate an exaggerated or depraved taste for sweets. The excessive use of cane sugar has been demonstrated to be harmful. Laboratory animals do not thrive as well on it as they do on milk sugar, or dextrose, or even upon starch. Thus we find reason for discouraging the use of cane sugar, not only in the fact of its being denatured, or separated from all other nutritive elements except the pure carbohydrate, but also in its form.

In the manufacture of commercial sugar the sweet juice of the plants from which it is made (sugar-cane and beets) is first concentrated and

then "purified." The purifying process removes everything but the chemically pure sugar. The mineral salts and vitamins present in the natural juice of the plant are thus discarded and destroyed, and we are given a denatured product.

No injury results from its moderate use, if the discarded elements are secured from other sources. When they are not, the more sugar we use the more deficient the diet becomes. The evil of candy-eating, especially by growing children, is that they fill up on candy between meals, and as a result fail to eat enough of the more complete and nutritious foods offered them later. Thus their growth is stunted. The advisability of giving candy to children at any time is questionable. It is far better to satisfy the craving for sweets with honey, raisins, dates, figs and other sweet fruits. If they must have candy, however, give it to them as dessert.

The excessive use of sugar in cookery has the further fault of creating a taste for sweet things that dulls our appetites for more natural flavors.

PEPPER AND OTHER SPICES

These artificial flavors have the fault last attributed to sugar, and they do not even have the redeeming feature of being nutritious.

Hot spices, of which pepper is the most common, add no food value whatever. Their use is a habit almost as artificial as the use of alcohol or tobacco. I do not say it is as harmful, but merely that it is never beneficial to any one, unless it be the

vender of spoiled foods, who is thus enabled to cover up the taste of things that would otherwise be rejected as unfit for consumption.

The flavor of spoiled foods can thus be covered up; so can the flavors of good foods. There are very few foods which do not taste good to a hungry man with an unspoiled sense of taste without the addition of any artificial flavoring. But when a man has been in the habit of peppering and spicing everything he eats until his sense of taste is deadened to anything that does not almost burn his tongue off, he naturally finds unpeppered foods flat in taste.

The trouble with this habit of over-seasoning all foods, is that such instincts as we have to guide us in our eating are destroyed, and we have no natural way to tell what to eat or when to quit eating.

I have no fault to find with a reasonable amount of seasoning used to give a variety of flavor. What I do object to is seasoning everything alike and everything too much, so that there is nothing left to taste but salt and pepper, sugar and vinegar, and we have to use our eyes to tell what we are eating.

THE USE OF SALT IN FOOD

I have long believed that most people over-salt their food. Moreover I find that many recipes give a quantity of salt as an ingredient that would make them too salty even for the taste of those who like their foods salted.

This latter fact is due to the lack of adequate facilities for measuring small quantities in the

kitchen. The teaspoon is the smallest available measuring unit, and the writer of recipes therefore says: "One teaspoonful of salt." In practice this same cook would not add a full teaspoon of salt, but would guess at it, and usually use less. The same with pepper, spices and even soda. These small quantities can be better judged by the eye than by the spoonful.

Knowing the above difficulties some cook-books avoid attempting to give quantities for such ingredients, and say: "Salt to taste," or a "dash of salt," and a "dash of pepper." Such phrases mean nothing except to put in as much as common sense and experience indicate.

Another way is to merely write the words, "salt," "pepper," etc., and make no effort to state quantities. That method I have adopted to a certain extent in this book. But in regard to the use of common salt, I have decided to leave it out of most of our recipes, and allow you to use your judgment and suit your taste as to when to add it and how much to add.

This leaving out of the word "salt" from recipes will occasionally irritate some one, and the book may be blamed for the serving of a dish unsalted which it has been usual to have salted, and which will, therefore, taste flat. But I am not forbidding you to salt your food either before or after cooking it—I am merely not taking the responsibility of reminding you several hundred times to do so.

The truth is that eating food salted or unsalted is a matter of habit. The Jews always use unsalted butter. Certain families never salt bread. When

you are used to salt, or the lack of it, in any type of food, having it the other way seems wrong.

My advice is to use less salt, and to salt only those types of food which you find are the least palatable to you without salt.

As a matter of fact some salt is essential to life. The source of the hydrochloric acid in the gastric juice is the chlorine of common salt. But foods in their natural state contain some common salt. The quantity thus supplied may or may not be enough, depending upon the type of foods used. The instinctive craving for salt on the part of many animals and of races of men is seeming evidence that the quantity of salt in the natural vegetable foods is rather low.

But because salt is necessary to life and we have an instinctive taste for it, is no reason why we should salt everything we eat to the limit. The conventional salted diet undoubtedly contains many times as much salt as is really needed for the physiological processes; there is practically no danger of your being short of salt for the real needs of your body, even if you never added any in cooking, for the reason that many of the food preparations you buy have it added in manufacture.

My reason for discouraging rather than encouraging you in the use of salt is not only that I consider that an excess of it may be injurious to health, but also that such a use of this accessory, as of hot spices, disguises the real taste of food, interferes with our true food instincts and encourages overeating and careless eating.

Don't make a fetish of avoiding all salt, but

don't allow yourself to get into the habit of being unable to eat food unless it is salted.

DON'T DENATURE YOUR FOOD WHILE COOKING IT

The all-important natural salts and vitamins which the miller and the candy-maker remove can also be removed by bad methods of cooking. When you pare potatoes, and then put them in a big pot of water and boil them, and then discard the water, you are doing just what the miller does when he grinds wheat and bolts out the bran and germ. In both cases the best part of the food goes to the hogs, and the humans get the denatured starchy residue.

The livest part of the tree is the inner layers of the bark and the sapwood which lies just beneath the bark. This principle runs through many plant forms, particularly in the case of seeds and roots, or grains and tubers. In removing the outer coverings of such things, therefore, good food will be lost, unless one can do this in such a way that the part which lies directly beneath the outer layer is not disturbed; and, in the case of boiled foods, the removal of the covering permits the water to leach out soluble salts and vitamins.

The methods of cookery advocated and the recipes presented in this book are designed to reduce to a minimum this waste of valuable food elements. In this connection I would particularly call your attention to the introductory matter of the chapter containing the recipes for cooking vegetables.

CHAPTER XII

Cooking for Flavor

THE chief purpose of cookery as a fine art is the development of flavor. The flavor of some foods in their natural condition is such that it can not be improved by cookery. But other wholesome foods have, naturally, very little power to please the palate. The great problem of culinary economy is to take such simple foods and so treat and combine them with more highly-flavored ones that they may become acceptable to the taste.

Flavors may be classed as follows: (1) Flavor of the food in the raw state; (2) flavor of the same food as altered by cooking; (3) flavor gained by the addition of seasoning which has little or no nutritional value; (4) flavor gained by combining highly-flavored foods with those that are comparatively tasteless.

The natural flavors of foods need no discussion, but a warning against the practice of spoiling them by unnecessary cooking may not be superfluous. This was the error of the newly arrived Swedish maid who baked the watermelon.

There are many foods which have one flavor uncooked and an entirely different one when cooked. A pleasing variety can be obtained by serving them in both fashions. The banana is a good example. Many people never think of eating it any way but raw; yet cooked bananas are fine. Oranges are so good raw that we rarely think of eating them any other way; yet orange marmalade

is a delicious confection, and, though it sounds luxurious, a very economical one. Farm-bred families who, on moving to the city, find the products of the manufacturer, by reason either of their abominable quality or excessive price, a poor substitute for the jellies and preserves of the old regime, might profit by this suggestion.

Onions furnish an excellent example of a strongly-flavored food which is greatly changed by cooking. So different, indeed, is the flavor of onions raw and cooked that both are sometimes used in the same recipe to give two distinct flavors.

The following vegetables may be used both raw and cooked: Cabbage, onions, tomatoes, turnips, carrots, kohl rabi, celery, peppers and cucumbers. The last item may astonish American cooks, but abroad cucumbers are commonly eaten cooked. They may be sliced and stewed, and served with butter and milk like asparagus, or they may be dipped in flour and fried like eggplant. Do not be afraid to try such new ideas, but do not forget that cucumbers are dangerous if they have reached the "spoiling" stage.

If you like one vegetable cooked in a certain way, try a similar vegetable cooked in the same way. Try also to see how many vegetables you can learn to like in raw salads. The vitamin content of vegetables is at its best in the raw state, and, in the treatment of various diseased conditions, results that seemed almost magical have been achieved by diets of which raw vegetables formed the chief part.

Among flavoring materials that add little food value those most commonly used in America are

salt, pepper, vinegar, mustard and a half-dozen or so spices.

Other nations add to the list. Curry powder is the great flavor of India, while chile peppers are the essence of much Spanish and Mexican cookery. I believe that some of the hot spices are unwholesome, and are chiefly used to disguise the flavor of unwholesome foods, or to tempt the jaded appetite and encourage the sin of overeating.

A group of food flavors which deserves wider use is that of the savory herbs, such as sage, thyme and bay leaf. Parsley and celery leaves may well be included in this last.

Flavors which are flavors only and add nothing to nutrition may be harmful. Hence it is best to rely chiefly on real foods as a source of flavor. Highly-flavored foods are best eaten, too, in combination with those of less marked flavor; for if taken alone they may spoil the appetite for other things.

Among vegetables, onions are the most generally used to give flavor to other dishes. It is not very generally known that fried onions may be used to flavor soups and stews.

Garlic, which David Warfield, in "The Music Master," defined as the "vegetable limburger," is a sort of concentrated onion and too strong for most American tastes.

Another vegetable which deserves wider use for this purpose is the pimento, a mild red pepper. Green peppers are a splendid flavoring vegetable, whether used raw in salads, or cooked with meats and other vegetables.

Plain sugar, molasses, honey and fruits may be considered as flavor foods. In desserts, such as pies, cakes and puddings, fruits are used as flavor foods, and by such use comparatively tasteless starches and fats may be made palatable. Raisins and currants are among the best foods for such use, and dates should be more used than they are for this purpose. In fruit-juice drinks the chief purpose of the fruit is for flavor, the nutrients other than the sugar being too small in amount to be of appreciable use.

The strongly-flavored animal-protein products, like cheese and cured meat, may be effectively used with starchy dishes, especially those composed of corn products, and the serving of such dishes in place of meat is a great economy. A limited number of people can adopt cereals and milk, or other such mild-flavored dishes, as the backbone of their diet, and such persons will proclaim the discovery of a sure and simple way to beat the high cost of living. Such a diet, however, is only economical to those who can live on it. But most people have been trained to meals built around a platter of meat, and to such appetites vegetarian enthusiasts address their arguments in vain. The meat-flavored vegetable or cereal dish, properly aided by good cooking, often meets the needs of such people. It is a practical meat substitute, giving them the well-fed feeling which, owing to their past habits, is inextricably associated for them with the meat flavor.

When more expensive food is used to flavor a less expensive one, it is highly desirable that we

get the entire flavor out of it. The more finely such a flavor food is divided, and the more closely is it intermingled with the less tasty food, the smaller will be the proportion of the higher-priced food required. This is illustrated in the cooking of cheese with macaroni; the Italians use a hard, strongly-flavored cheese that may be grated fine, and with a single ounce of it they get a flavor equal to that derived from half a pound of the soft American cheese cut up in lumps.

Dishes prepared with shredded codfish afford another remarkable example of the effect of maceration on the flavor of food. The salt codfish is very highly flavored, but as it is most frequently cooked, in the form of a creamed dish, about one-fourth of the mass must be composed of the fish; with the finely shredded, perfectly dry product, as small an amount as one part in ten of dry meal, or forty of cooked mush, will give a distinct flavor.

In vegetarian cookery, celery and onions are used to give flavor to soups and stews. During the war the price of these articles rose to an excessive figure and the manager of a vegetarian restaurant very cleverly adopted a plan of grinding these foods very fine in a food-chopper, with the result that he decreased the quantity used from fifty to eighty per cent without affecting the taste of the dishes.

This is only one use of the modern food-chopper which will help to make it pay for itself very quickly in any kitchen.

CHAPTER XIII

Pure Foods and How to Know Them

THANKS to the work of Dr. Wiley, the United States now has an excellent pure food law, the application of which has greatly decreased the adulteration and misbranding of foods. The pure food law has as much to do with honesty as with health. People like to know what they are buying, and they don't like to pay for one thing and get another.

The pure food law does not guarantee a wholesome diet or nutritious foods—a fact which the public did not at first understand. White flour, or cane sugar, may be pure, and yet not be satisfactory articles of diet. The pure food law merely requires that things shall be what they are said to be. Without it one would find it difficult to get healthful foods even though one knew what one ought to eat. Hence the law renders a very important service. But that service should not be over-estimated, and a knowledge of nutrition is still necessary. It is well that it should be so, for with a law that attempted to pass only perfect foods we would soon create a rigid standard of diet, leaving no chance for individual variation and no opportunity for improvement.

I will here state the essential principles of pure food laws, and also give you a few of the tests that those so inclined can apply for their own satisfaction. Even the best of laws are likely to become dead letters without a public interest in their enforcement. Such laws prohibit:

Mixing or packing any substance with food to reduce or injuriously affect its quality.

Substituting wholly or in part any inferior substance.

Abstracting from food any valuable constituent wholly or in part.

Coloring or coating or polishing or powdering food so that damage is done, or it is made to appear better than it really is.

Adding any poisonous ingredients, or any ingredient which may render a food injurious to health; or adding any antiseptic or preservative not evident or not known to the purchaser or the consumer.

The sales of decomposed or putrid or rotten animal or vegetable substances, or of any portion of an animal unfit for food (whether or not manufactured), whether the product be of a diseased animal, or one which has died otherwise than by slaughter, is likewise unlawful.

Milk purity is fairly well protected by state and city laws. Impure milk may be dirty, watered, or skimmed. Look for dirt in the bottom of the bottle. Watering and skimming can only be certainly detected with the aid of the bactometer, which measures the specific gravity, and the Babcock test, which measures the percentage of fat. If you suspect your milkman, and you have a local creamery under different ownership, the management of the latter will make these tests for you and explain them to you. Health departments should also make them free. They are simple, yet require a

little apparatus that is hardly worth getting for home use.

Pure milk should have a specific gravity of from 1.027 to 1.033. Its normal reaction is neutral or slightly acid. Sweet milk should never be strongly acid. If it is strongly alkaline, i. e. turning red litmus paper blue, it is pretty certain that something in the way of a preservative has been added.

When left standing for a few hours the cream should show a slightly yellowish color one-tenth or more of the whole amount. The milk below the cream should be lighter in color, with the slightest bluish tinge. If the color is yellowish throughout, the addition of a coloring matter must be suspected. Annatto, a vegetable color, is sometimes used to give a rich tint to milk. To detect it, add one teaspoonful of baking soda to one quart of milk and immerse in this mixture a strip of unglazed white paper. In an hour examine the paper. If annatto is present it will have become an orange color.

The most harmful preservative used in milk is formaldehyde. Put a little milk in a test-tube. Now slant the tube and carefully pour down the side some strong commercial sulphuric acid. The acid will flow under the milk. Rotate the tube gently but do not mix the contents. Now hold the tube to the light. If formaldehyde is present a violet color will appear at the juncture of the two liquids.

Condensed milk should be sufficiently reduced to pour like fairly rich cream. As the law allows no thickening substances to be added, a comparison of several brands as to thickness will show you

A fresh egg will usually sink in a ten per cent brine solution, but the egg that rises is older. Only a very stale egg floats in water.

For home candling of eggs, a candling lamp can be formed by a cardboard tube placed around an electric light, and completely enclosing it except for the small hole at which the eggs are held. In this photograph, to show position of light, the hole in the tube has been enlarged.

Upper photograph: To test milk for formaldehyde put a little milk in test tube and pour strong sulphuric acid down the sloping side. Rotate slowly and a violet band will appear between acid and milk if formaldehyde is present.

Bottom photograph: To detect adulterated olive oil place in small bottle, add an equal portion of strong nitric acid and shake thoroughly. This will impart to genuine olive oil a greenish tinge; to adulterated oil a reddish orange or brown color.

whether you are getting your money's worth. Take several such samples, measure the same quantity of each into glasses, add water a little at a time and stir until each sample has exactly the same indication of richness as judged by viscosity, color and taste. Now note the quantity of each. Sweetened and unsweetened milk must be compared separately. Sweetened condensed milk that has long stood on the grocery shelf will appear thick and lumpy at one end of the can. Do not confuse this fault with the virtue of a uniformly thick, rich product.

Good butter has a fresh, sweet odor and an agreeable taste. It should be of the same color and consistency throughout, easily cut and adherent, and not crumbly when molded into shapes. Uncolored pure butter is a very light yellow when the cows are not on pasture. Nearly all butter is colored to meet the popular demand for yellow butter. Otherwise the colors would change with the cow feed, and we would be continually worried over the varied hues. Butter colors are generally harmless, but if you want to know whether your butter was colored by nature or by man, dissolve a little butter in a portion of warm alcohol. The natural color will dissolve, while foreign coloring will color the alcohol.

Butter should contain eighty-five per cent of fat; the remainder is water, casein and salt. The most common adulterants are water, in excess, and oleomargarine. If an excess of water has been added, it may be shown by heating the butter in a test-tube or glass. Place the glass in a larger vessel

of water and bring to a boil; in a few minutes the water in the butter will separate and collect at the bottom of the tube. The white floating masses are the casein and various milk constituents other than pure oil. It is largely these that give butter its flavor. Pour off some of the pure butter oil, cool it and use it as butter. You will then readily understand that pure butter does not mean pure butterfat.

The above test for water contained in butter will also help to distinguish butter from oleomargarine. Butter, when melted as above, shows cleaner separation of the water and a cleaner fat. The oleo, as well as rancid and renovated butters, show a muddier, more opaque mass.

The following test is more decisive. Heat ten parts of sweet milk to near the boiling point. Add one to two parts of the suspected butter. Stir the melting butter with a freshly whittled wooden stick. Now dip the test-tube in cold water and continue stirring as the butter hardens. Pure butter will form a creamy emulsion with the milk and rise to the surface but slowly. Oleo will more quickly separate from the milk and form a mass of floating fat that will adhere to the stick.

Finely attuned noses can detect in oleomargarine a distinctive meaty smell like that of cooked meat, and the absence of the characteristic odor of pure butter.

Eggs in the shell are obviously not adulterated, preserved, colored, or misbranded. They may be very impure, however, owing to decomposition from bacteria and molds which find entrance through the pores of the shell which Nature kindly

provided as a means of ventilation for the unborn chick.

Fortunately the egg, because of its delicate flavor and limpid color, advertises its decomposition much more quickly than do meats and cheese. The quality of eggs in the shell is tested by means of the egg-candle. The best egg-candle is a high-power electric light; as a substitute use the brightest light available, as an acetylene bicycle lamp. Only inferior work can be done with a real candle, or smoky kerosene lamp. The egg of high quality is almost clear, with a slight darkening for the yolk. Only practice will enable one to tell that this dark yolk spot is altered.

Freshness is popularly considered the essence of egg quality. This is a very unscientific view. Time does not spoil anything, even a woman's looks. The actual factors of egg spoilage are heat, moisture and germ-bearing filth. In general these same principles apply to the spoilage of all food products. Carefully handled goods two months old may be much "fresher" in all true elements of quality than goods of the same sort only a few days old.

Broken-out eggs are packed and frozen in the centers of production in the summer time, and find their way into all sorts of bakers' goods and noodles throughout the following year. The bacterial count in these bulk eggs is very high. The flavor is noticeably inferior, and in cheap yellow cakes bought on the East Side of New York an experienced egg-man can often recognize the malodorous flavors of the egg-packing rooms of Omaha or Chicago.

In the case of the staff of life, the bleaching of white flour and the use of alum in bread are the most common kinds of chemical tampering.

I have not been able to find chemical tests for these practices that are simple enough for home use. Any fear of the bleached product may be sidestepped by the use of a whole-wheat flour, which no one wants to bleach. The use of alum in bakers' bread is much less common than was the case a few years ago. The human weakness for ultra-white flour, or excessively light bread, is responsible for these follies, and they can best be avoided by trading with a baker who caters to intelligent customers and whose products are of the substantial order. Avoid unnaturally white and fluffy breads.

Corn and buckwheat flours are commonly listed as adulterants of wheat flour, and wheat flour in turn as an adulterant of rye flour. This need not worry us much, as there is little to be gained commercially by these admixtures and little to be lost dietetically if we should consume them.

A question of more practical concern is where and how to get good Graham or whole-wheat flours. As Graham flour is merely the whole wheat ground, it should be the cheapest and easiest to get of all flour products. That it is not is due to the fact that the large millers have built enormous mills and installed elaborate machinery for the purpose of manufacturing the patent article, together with its various by-products. For them to encourage the adoption of whole-wheat products is to destroy the utility of their elaborate machinery and

to open the milling industry to any man with a simple grist mill that may be purchased for a hundred dollars. Moreover, it would destroy the present trade in blended "Grahams" and "whole-wheat flours," which are built up by the mixing of various low-grade flours with wheat offal. Such compounds are thoroughly wholesome, for the miller's terms "low-grade" and "offal" are derived from a white-flour viewpoint. From a nutrition standpoint these are the better parts of the grain.

The only objections to these blended flours are those based on commercial trickery and the question of flavor. It is the writer's feeling that a mixture of flour middlings and bran cannot equal in flavor the more coarsely ground and never-separated whole-wheat meal. It may be wholly a mechanical matter, but if it changes flavor it is certainly of consequence. Sprinkle the flour out and examine it, preferably with a pocket lens. The wheat meal will show the broken fragments of the grain with the various layers from bran to white starch in rough angular pieces. The blended roller-mill flours will contain only flat flakes of pure bran mixed with the finer middlings and still finer flour particles.

Corn and oat products are almost invariably pure.

If you wish to understand the exact composition of various raw cereal products, you can get samples of whole grains at a feed store and, by hand-crushing them, secure specimens of known origin for comparison with the various purchased products.

Cereal starch is all right in its place, but there

are some places where it doesn't belong. One of these is in infant foods. Starch is also objectionable in meat preparations, spices and other products where it is used as a filler and sold at from two to ten times its actual value. To test for starch, place an inch of the material in a large test-tube or other receptacle and dissolve in double the amount of water. Heat to the boiling point and add a few drops of iodine solution. A deep blue color shows the presence of starch.

Bad meats are very bad. They are to be looked out for chiefly from three sources—canned meats, sausages and cold-storage meats.

Canned meats may be inferior in quality and purity from the use of meat from inferior animals or of inferior parts of the carcass, from deterioration of the meat in the canning process, from the addition of adulterants, flavors or preservatives, and from spoilage of the meat due to inferior canning. Nothing short of expert knowledge in such matters can detect all these elements of inferiority, and even then it is a matter of judgment rather than of chemistry. Sensible folk will avoid the use of queer-named and complex-looking canned meats. There are a few brands of canned flesh foods, such as salmon, sardines, shredded codfish and chipped dried beef in glasses, the quality of which is self-evident.

The surest proof of faith in mankind is an appetite for sausages. Sausages from a government-inspected plant are probably as safe eating as many other foods, but they are still not likely to seem

Pure ground coffee will float in clear cold water as shown at right. Coffee adulterated with chickory, peas, etc., will partly settle and will discolor the water.

To test honey for glucose add wood alcohol and agitate slightly. Pure honey gives slight milkiness to alcohol; glucose, a heavy cloudiness.

Melted oleo left, butter right. Butter has larger masses of casein, clearer fat, more separated water at bottom.

Photograph by Jessie Tarbox Beals

A group of vegetables and green salads which make agreeable additions to the diet: asparagus, eggplant, artichoke, kale, peas, endive, rhubarb, squash.

especially attractive to those who wish to know exactly what they are eating.

The only test for detecting adulteration in sausages which is worth consideration would be the test for starch I have mentioned, the addition of cereal products to sausage meat being a bad economic bargain for the consumer, though probably a good physiologic one.

Cold-storage meats may be of excellent quality. Halves of beeves killed in the great packing houses are promptly run into a room ten degrees below zero where they are frozen through. Later they are shipped frozen in refrigerator cars, and handled frozen in trucks, being thawed out only in the retail butcher shop. More spoilage takes place after they are thawed, in the retail shop and on the way to the consumers' table, than in the entire process of packing, storing and shipping, even though it occupy many months and cover thousands of miles.

In fact meat frozen in ice so that it loses no water by evaporation never spoils. Report has it that a dinner was given in Paris at which was served mammoth steak that was dug out of the ice and brought by refrigerator cars from Siberia, where it had been in Nature's cold storage for 'steen thousand years.

Meats held for short periods by small concerns are not frozen, and these may develop ptomaines.

Do not be afraid to ask your butcher for frozen fish, flesh, or fowl. He thinks that you are ignorant of trade conditions and suppose it practical for him to sell you fresh goods; therefore he thaws his frozen goods so as not to disillusion you. The

Government should require him to sell it to you frozen hard, with instructions as to how to thaw it in your kitchen just before you proceed with its cooking.

Labels on cans containing meat products should state clearly the nature of the contents. The presence of preservatives can only be detected by chemical analysis. As these products are practically all put on the market by the large packing-houses and designed for interstate commerce, they are subject to Government inspection, and, therefore, if they bear the Government stamp, they may be considered pure.

Canned fruit and vegetables when fermenting produce gases that accumulate, causing the can to swell. Such goods, commonly known as "swells," should not be used as food. Sometimes the pressure is relieved by puncturing the can, which is again sealed with a second drop of solder. Two drops of solder on the end of the can may, therefore, be looked upon with suspicion.

It often happens that acids in fruits and vegetables will attack the tin of the can, thus mingling the tin salts with the contents. The salts of lead are quite poisonous, and even if the tin is pure there is no medicinal claim made for its salts. Action on the tin will be made known by deep pits in the surface, or by patches of very bright metal, since the tin will normally be darker in color from long contact with the contents of the can. It is better, therefore, to purchase acid-containing articles in glass.

On opening the can the odor should be clean

and fresh. The slightest trace of a sour, musty, or disagreeable smell should cause rejection of the food. The appearance should be clean, with no mold. One would think from the hues and shades offered us in canned foods that the manufacturer assumed that the buyer had never seen the fresh article cooked. At least the effort seems to have been to give the cooked product the bright colors of the uncooked article. With peas, string beans and brussels sprouts the cooked product is a rather dingy green; all bright green canned goods should be suspected.

Likewise unnaturally brilliant reds are found in ketchup and in fruit products.

Here is a general test for aniline dyes that will catch most of the color schemes, whether found in canned goods, preserves, or candy. Mix the food in a little water and boil two portions separately in test-tubes with bits of pure white woolen cloth. To one portion add a few drops of hydrochloric acid (to make an acid solution) and to the other a little ammonia (to make an alkaline solution). Any bright color that will not wash out of the cloth indicates coal-tar dye.

One can learn to detect large amounts of glucose by the taste. Glucose, though artificial, is now recognized as a wholesome food. But, of course, if we are to eat glucose in honey, maple syrup and other products, we should get it at glucose prices; and it is the cheapest form of sugar known, as it is made out of corn starch.

Here is a test for glucose in honey which may also be used for syrups. Dissolve some honey in

an equal amount of water, and put a little of the mixture in a test-tube or glass. Add wood alcohol, which will appear as a clear liquid above the honey; now agitate slightly and note the effect on the liquids. Pure honey will give a slight milkiness, which will become a dense white as the percentage of glucose is increased. This experiment should be checked with test-tubes of honey-products known to be pure.

To judge the purity of the coloring of candy, place a piece in a glass of water and dissolve with frequent stirring. If the color dissolves readily, it is probably an aniline dye. If it settles, it may be a harmful metallic color. Any milk-white, gritty sediment may indicate terra alba (white earth), barytes, or some other illegal make-weight substance.

Cottonseed oil is by far the most frequent adulterant of olive oil. One will soon get to know it by its taste, for it seems to taste in the mouth and on the tongue longer than pure olive oil, leaving a greasy feeling for some time. Cottonseed oil alone is almost without flavor. For a chemical test of olive oil, fill a test-tube or small bottle one-quarter full of concentrated nitric acid, adding a second quarter of the oil. Cork and shake thoroughly. Permit the mixture to settle. The oil will now appear a greenish yellow color if pure, and a reddish-orange or brown if foreign oil be present. Caution: The pure oil on long standing may turn brownish.

Of course the intelligent housewife will assure herself that she receives from her butcher, or

grocer, or candlestick-maker, the quantity as well as the quality of food to which her expenditure entitles her. Therefore no kitchen can be considered complete without accurate scales and measuring devices.

Know, when possible, who produces the food as well as who sells it. As to both manufacturers and dealers, the very large concerns must do a large volume of business, and are not likely to produce or sell the very best or the very worst of foods.

Remember that old-established and well-advertised brands, while not invariably the best, have proven themselves at least acceptable to a vast number of consumers. Advertising expenses may be made up by the economy of large operations. Foods advertised in magazines are obviously sold in interstate commerce, and hence are subject to Federal supervision. State laws vary widely, but even if the state law be better than the Federal, as it is in many cases, still the interstate commerce article is a better risk, for it must pass the gauntlet of both state and Federal authorities.

CHAPTER XIV

Sensible Food Economy

FOOD prices vary widely with time and place, hence no book can give you specific instructions as to what particular foods are the most economical which would be of permanent value. I shall therefore confine this discussion to a few general hints, pointing out how food values are wasted by bad cooking and how money may be saved by better kitchen management.

I do not advocate extravagance with food, nor do I advocate stinginess. As long as there are hungry people in the world it is a crime to waste food, even when it is cheap; but, on the other hand, I know of no greater folly than to deny oneself wholesome and appetizing food in order to save money for some other purpose.

Food is wasted not only by wasteful methods of preparation, but also by the foolish habit of cooking more food than those who are to dine will eat. Recipes for "left-over" cookery are largely left out of this book, because I advocate a type of cooking and serving foods that largely eliminates left-overs.

A third waste of food, about which most cook-books say nothing, results from eating in excess of the real needs of the body. Occasionally some editor gets furiously wrought up because he hears that food speculators are dumping food in the river to keep up the price. But probably that same editor goes to a restaurant and orders enough food

for three men, eats enough for two, and leaves the third man's portion as refuse.

Overeating doubles your grocer's bills and triples your doctor's bills. It also cuts down efficiency, and so in a threefold way raises the cost of living.

Meat is always an extravagant element of the diet, and always will be, for the reason that it takes many pounds of vegetable food to produce one pound of meat. Even if the food the meat animal ate was not fit for human consumption, the land that produced it was thus held out of use for the more direct production of human foods. In time the world will quit its excessive eating of meat, if not from choice, then from necessity, for the simple reason that the land will become too valuable for the growing of human foods to permit its use by grazing animals.

These statements do not apply to the production of milk and eggs, for two reasons: First, these two products are more efficiently produced than is meat, because they do not require the death of the animal to yield the food; secondly, milk and eggs are actually of much higher food value than meats and make a real contribution to efficient human nutrition, which meat does not.

That the above economic tendencies are already at work is shown by the fact that the annual per capita consumption of meat has, in the last fifteen years, fallen about twenty pounds. On the other hand the per capita consumption of milk has increased. The meat-packers are greatly worried over this situation, and have organized a move-

ment to try to induce the people to eat more meat. Because the farmers are engaged in rearing meat-producing animals, the United States Department of Agriculture has been induced to fall in with this campaign, and is making efforts to discover reasons why people should eat more meat.

All this effort will be largely wasted, however, because the reasons back of the declining consumption of meat are fundamental. Land is becoming scarcer and population increasing. Moreover the general enlightenment of the public in the matters of food and health is exploding the old superstition that meat is the chief strengthening food. Excessive meat-eating is good economy neither for the individual nor the nation, and a decline in the use of such foods is bound to go on.

We are all inclined to be creatures of habit and cowards in our attitude toward public opinion. The only way progress can be made is for those who have more than the average amount of intelligence and courage to start new habits. The old habits of wasteful, unhealthful eating came about through ignorance and the superabundance of foods in general and meat in particular. Modern science has shown these old habits to be wrong. Be one to adopt the better way and spread the gospel of true food economy.

Buy the most healthful, most tasty food you can afford, and cook and serve it in just sufficient quantities to maintain those who eat at your table in the pink of condition—with not a pound of excess weight—and you will have solved the problem of food economy.

CHAPTER XV

Labor-Saving Cooking

COOKING is an art, and to many women and a few men it is an enjoyable one. Yet I doubt if one woman in a hundred would say that she likes to stay in the kitchen longer than her duty requires. To be considered a "good cook," and yet to spend as little time in the kitchen as possible, is the universal and perfectly justifiable ideal. To this end the following means will contribute:

A well-arranged kitchen.
Labor-saving equipment.
Simpler recipes.
Fewer items on the menu.
Fewer meals per day.

To these requisites may be added the more general items of intelligence, systematic planning, and the practice which makes perfect in any work.

EFFICIENT KITCHEN ARRANGEMENTS

You are fortunate indeed, if, after having had your attention called to this subject, you have an opportunity to build a new house and plan your kitchen on strictly up-to-date efficiency lines. Such a kitchen need not be more expensive, even at modern high building costs, than an old-time kitchen, because it can be much smaller. The old-time kitchen was a spacious place, part kitchen, part living-room and part factory. In the modern city or suburban home, where the kitchen is used

only as a place to prepare food in, there is no advantage in having it unduly large.

The main point is to have a stove, sink, work-table, shelves for supplies and hooks for utensils, all arranged so that the work can be done with the fewest steps possible. Even where a new kitchen cannot be built, great improvements in convenience may often be secured by rearranging the main articles of furniture, and perhaps building in a few shelves.

The main table must be kept clear of utensils and material not actually in use, and the only way to do this without excessive labor is to provide places for these things practically within your reach as you stand before the table at work. A surprising number of things can be kept in a small space, if shelves, hooks and drawers are put in especially for that purpose.

In planning the places for various materials and articles, make out a list and then number the articles in the order of the frequency with which they will be used; then arrange them like a type-setter's case, with the most used ones in the most convenient positions.

Efficiency engineers make time and motion studies of various work operations, and then try out methods that will take a fraction of a second off here and another off there. The total result often cuts the working time to half the original period. This plan is not applicable to cooking operations, because the same operations are not repeated often enough. But there is one operation that is repeated after every meal is served, and

that is dish-washing. It will pay you to study out just how you do this and see how you could do it differently to save a few steps or a few seconds. If the distance from the dining table to the kitchen sink is very great, it will certainly pay you to carry the dishes in a large dish-pan, instead of in your hands. You should wash them without stepping out of your place and, if you have hot running water to rinse them with, they can be dried in a shallow wire basket, without the use of a towel. Then comes an operation which is often needlessly laborious, and that is putting the dishes away in various cupboards, racks and drawers. If you really want to save labor, I suggest that the dishes which are to go to the table for the next meal without food on them, be placed in the basket and stay there until all are carried at once to set the table again. The dishes in which you are to take up food should be placed where they will be ready for that purpose.

I will not try to suggest further details of kitchen operations, as these will vary with your kitchen, your cooking and your manner of serving meals. But if your attention is once drawn to the possibility of labor-saving by well arranged working facilities and well thought out methods of working, you will be able to go ahead and devise a system that may have surprising results in the way of time-saving.

A final suggestion is that you have a little kitchen clock and that you note down how long it takes you to perform some of these oft-repeated opera-

tions and then see how much you can shorten that time.

LABOR-SAVING EQUIPMENTS

There are many labor-saving devices you would like to have in your kitchen, and perhaps you cannot afford them all. Before investing in any of them, try to figure out how often you will use each of those under consideration and how much time will be saved at each operation. These figures, when compared with the price, will show you which will be for you the better investment. Labor-saving devices that are used but rarely do not pay, and there is often a temptation to buy equipment that you will not use often enough to make the machine earn its board and keep.

Here are some random suggestions for labor-saving equipment; some of these you may have, others may not be available in your circumstances.

Running water, hot and cold. An ample sink with drain-boards.

Gas stove. Blue-flame kerosene stoves. In a few cases an electric stove.

Above all and in some form, good overhead lights.

A refrigerator—if possible a refrigerator built in the wall so that the ice can be delivered into it from outside the house. In town apartments, a window-box for refrigeration without ice in the cool months. In a house with kitchen or dining-room over cellar, a dumb-waiter into the cellar.

A zinc-covered work-table. Double boilers; a

Photograph by Jessie Tarbox Beals

A corner of a modern kitchen showing an attractive and efficient arrangement of pantry and dish closets, providing convenient space for the reserves of food and for kitchen and dining equipment.

Photograph by Jessie Tarbox Beals

Another corner of a modern kitchen, showing a convenient arrangement of electric range in relation to sink and working tables.

steamer; a fireless cooker; a steam-pressure cooker. Covered baking-dishes. An ample supply of porcelain, pyrex glass, or other suitable baking-dishes that can be placed on the dining-table without redishing the food. A good meat and vegetable chopper. A small mill for grinding dry material.

The smaller handy utensils are too numerous to mention, and vary from wooden mush-sticks to electrically driven egg-beaters. Some things that are bought at the ten-cent store will save ten dollars' worth of labor. Get what you need for the kind of cookery you do, and don't waste your money on complicated contrivances for operations you will only perform in getting the Thanksgiving dinner.

SIMPLER RECIPES SAVE LABOR

Not all simple foods are simply prepared. Good old-fashioned lye hominy is a simple food consisting of nothing but grains of corn, but preparing it is a laborious operation. But, as a rule, the fewer ingredients in a recipe the more quickly is it prepared.

Simpler cookery is, after all, the easiest way to economize on labor as well as on cash. Even if your family insists on complicated cookery most of the time. they will appreciate a mush-and-milk supper once in a while for a change.

By using your head more and your hands less, you can save labor. Have a greater number of simple dishes, and give your family a wider variety of simple foods from day to day, instead of repeat-

ing over and over a limited number of complicated dishes.

The cooking of meat and pastry is what makes most kitchen labor and this is partly because it makes more and harder dish-washing. Vegetable cookery is more cleanly and less laborious. Uncooked salads are often a bit complicated, but at least they require no time for cooking and are especially suited for those occasions when you do not enter the kitchen until half an hour before the meal is served.

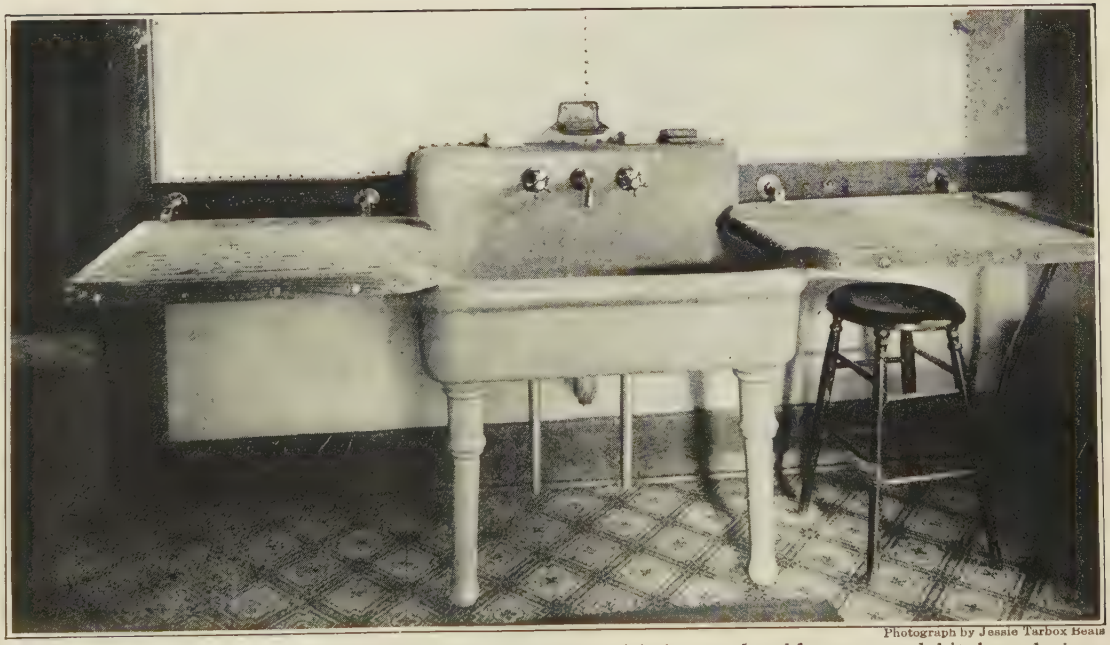
USE SIMPLER MENUS

Variety is essential in the diet, but the variety need not be in a single meal. Have a few good things at each meal, and a few different good things at the next meal. Reduce your dish-washing to a routine, but not the planning of meals. Be on the lookout for new dishes made out of familiar foods to introduce into your bill of fare, and check in your cook book, or keep in a notebook, the ones that prove the best for your purpose. Planning your menus takes a little time, but it saves that time and more in their preparation.

Keep yourself stocked up with moderate quantities of the food materials you use regularly. A large cardboard ruled in both directions may be used as stock sheet. On the horizontal line can appear the name of the food materials which you keep in stock. Have this tacked up in a convenient place with a pencil tied to it. Then as you note any material is getting low, make a check in the

Photograph by Jessie Tarbox Beals

A modern electric range, with ovens equipped with thermometer gauges.



Photograph by Jessie Tarbox Beals

A close-up view of a modern kitchen sink equipped with hot and cold water and kitchen drains. Above the sink, although not appearing in reproduction, is an electric light which throws its rays exactly where they are most needed.

first vertical column. Now plan your menus for two or three days ahead, and note down the special ingredients required for the recipes selected. Add to this list the items already checked on your stock list, and you will have a buying list. This list, by reducing the time expended in marketing, and preventing delays, or false starts in trying to make things without proper materials, will fully repay you for the trouble of making it. You will also secure more variety and better food with less work in cooking.

HOW ABOUT TWO MEALS A DAY?

People at hard physical labor require three meals a day. Two are enough for adults when they are not engaged in such labor. They are not enough for young growing children, who are, or should be, nearly as active, in proportion to their size, as farmers or mechanics. Even workmen and children can eat enough to nourish them adequately in two daily meals, but they require an amount of food that is usually more easily digested if divided into three meals.

In the household where there are only adults staying at home, or working in offices or at light mechanical labor, two meals a day is enough for health. If this plan be adopted, it cuts the kitchen work to only two periods a day, a very important item indeed in the matter of saving labor.

The meal omitted is a matter that must be settled by the convenience of those concerned. When the man of the house has lunch away from home

it is most likely to be the noon meal—a plan which permits women to cut down their own meals to two, even when the men folks are engaged in heavy labor and require three meals. Lest the women folks think they are being slighted and asked to stint themselves unduly, I would point out the number of women who are fatter than they would like to be, and the fact that obesity is the one positive proof of overeating.

When a member, or members, of the family work in offices, and from habit or because of business luncheon engagements, eat a heavy meal in the middle of the day, then it is the breakfast that should be omitted, or, if not omitted, it should be made very light.

The presence of children in the household makes the two-meal plan seem unpractical, unless the children have their lunches away from home, or have a meal in which the parents do not join.

WHILE COOKING ONE MEAL START THE NEXT

There are many dishes that require from one to five hours to cook. Some of these dishes require watching during the whole time they are cooking. But a great many of these can be started while the preceding meal is cooking. Then the cooking can be interrupted, and resumed later, so that the total time you are in the kitchen is greatly reduced. Such devices as double boilers and fireless cookers are very helpful here. The cooking time of many materials can be greatly shortened by previous

soaking, during the day or overnight. Or the materials can be brought to a boil and then set on the back of the stove, or in a double boiler to cook more slowly.

Such foresight and doubling up of operations will enable you to have a well-cooked meal ready in a few minutes after you enter the kitchen. I will have to leave it to your common sense and experience as to what foods are injured by such interrupted cooking, but the number of things—like beans and dry cereals, dry fruits, meats, etc.—that can be cooked in this fashion is much greater than that of foods—like bread and potatoes—in which the cooking operation cannot be interrupted.

Most desserts that are to be served cold, and especially gelatin desserts, should be prepared while you are in the kitchen getting or clearing up after the preceding meal. Salads, on the contrary, should be freshly prepared.

Here is a typical evening meal and suggestions for preparing it:

A vegetable cream soup.
Baked potatoes and baked onions.
A salad.
A gelatin dessert.

While in the kitchen washing up the dishes of the noon meal, prepare the vegetables for the soup, put them on and bring them to a boil. Then make your gelatin dessert and put it in the ice-box. Wash the potatoes and onions, and put them in the oven. Then go to a matinée. On your way home buy a fresh head of lettuce for your salad. When you come into the house at a quarter after

five, go immediately to the kitchen and light the oven. Then go ahead and change your clothes. If you reach the kitchen at five-thirty, you can relight the fire under your vegetable soup, add the milk and thickening, and have supper ready to serve at six o'clock. The potato-onion combination is a delectable dish if the potato is cut up after baking with the skin on and the peeled onions well mixed with it. Add "lots" of butter with salt to taste.

The same meal without the forethought would have required you to be in the kitchen at half past four, and even at that you would have had trouble getting the gelatin to harden in time to serve it. This particular example may not fit your way of doing things, but the principle is sound.

Breakfast can also be prepared for in advance. All cereals and fruits can be prepared the night before, and the meal need never require you to be in the kitchen longer than the time required to warm up the cereal, or cook eggs.

CHAPTER XVI

Cooking Processes

COOKING processes may be roughly divided into the preliminary preparing and mixing processes and the cooking proper, which involves the application of varying degrees of heat and moisture.

CLEANING AND PARING

Most foods that come to us in their natural state must be looked over and cleaned. This involves removing wilted or decayed portions and freeing from the insects and dirt that are natural results of growing conditions. Washing is usually a part of the process, and needless paring is often done when thorough washing would serve quite as well. The skins of some foods, like bananas and oranges, are obviously inedible, but there are many other foods the skin of which is edible and its removal a waste of substance and labor.

Because skins are not digestible is no reason why they should not be eaten, for such skins are composed of the fiber, or cellulose, needed to secure the natural action of the intestines. The use of wheat bran for this purpose is well understood, but many have not realized that the skins of vegetables and fruits are also "bran," and quite as useful.

Not only does the fibrous skin of seeds, roots and tubers thus serve a useful purpose when eaten, but,

as a general law of plant life, the layer just beneath the skin usually contains more valuable food elements than does the interior portion, which is merely a reservoir of fuel food. Thus in potatoes, the "eyes," or germical spots, are at the surface.

Further, the removal of the skin exposes the interior to the leaching out of the soluble salts and vitamins. This is very important when the foods are boiled and the water discarded, but does not apply when the liquid of the cooking process is used.

In no case should food be pared when the removal of a thin and harmless skin necessitates the removal of the food substance beneath. This particularly applies to potatoes. Potatoes and other root vegetables should be washed with a good stiff brush, and the skin either eaten or removed after cooking.

In many fruits important nutritives and the richest flavoring substance are in the skin. Orange and lemon rinds contain an aromatic oil, much used as flavoring. Orange peel, rather than orange juice, is the distinctive element in marmalade. Apples and pears and similar fruits are better flavored if cooked with the skins.

CHOPPING AND GRINDING

The modern customs of preparing foods do too much of the chopping and grinding which our teeth were intended to do. No general rule, however, can be applied. In the case of nuts thorough grinding, as in peanut butter, is probably an ad-

Some useful items of kitchen equipment: A frying basket, scale, oven thermometer, measuring vessels, and egg-beater.

Simple and useful aids to the housewife: Covered roaster, graduated measuring-glass, funnel, orange-strainer, grater, egg-slicer, potato-peeler or slicer, and food-chopper.

vantage, since ordinary chewing does not divide the nut substance finely enough to make it readily digestible. Cereals are best when the grains are whole, or only coarsely ground, and when they are cooked until tender but not mushy. Boiled whole or cracked wheat, coarse corn hominy, whole rice, oat groats, or granular oatmeal, are all superior to the same materials finely ground, or, in the case of oats, rolled.

Vegetables should be cooked whole, or at least in fair-sized pieces, except when, as in making soups, it is desirable to cook the flavor out of them rather than retain it. Green vegetables and raw fruits for salads may be chopped fine enough to make them convenient to eat, but need not be minced or ground.

The cooking time is, of course, shortened by dividing the food into smaller pieces, since the large pieces take considerable time to heat through. Most of the cooking time required for baking or boiling potatoes is merely a matter of the time required for the heat to penetrate them. You can save a lot of this time by using the medium-sized ones for whole cooking and the larger ones for soups, stews and French frying.

In the case of dried fruits, or dry grains or beans, much of the time required in cooking is consumed by the slow penetration of moisture, and this cooking time can be shortened by previous soaking.

MEASURING INGREDIENTS

Weighing is the only accurate way to measure food materials. But it is hardly practical for every-

day use. The cup is the universal recipe unit, and I will not try to change it. A cupful means half a pint, and since cups vary you will do well to see that you use the half-pint size. A pint of liquid is sixteen ounces.

The convenient teaspoon and tablespoon are not accurate units of measurement, since the spoons vary and the degree to which they are filled varies still more. It takes about eight level teaspoons of liquid to make an ounce. The heaping teaspoon is, of course, pure guesswork. The ounce is a better form of measurement, but few people have ounce scales. Here are two ways to approximate it. When butter is wrapped in the small quarter-pound sticks, one can gauge an ounce very accurately by cutting such a piece into four equal parts. Another way to gauge an ounce is by comparison with a fair-sized egg, which weighs two ounces.

These standards can be used only with liquid or wet foods. In the case of powders, or loose foods filled with air spaces, the only way to judge weight with the eye or the measuring vessel is to get a known weight, divide it into equal portions, and measure these.

It is, of course, impossible in a cook book to give the exact amounts to fit every family. Even if the size of the family is known, it is not possible to designate the amount of the dish to be prepared, for that will depend on what other dishes are to go with it. As a general rule I have given recipes suited to a family of five, and assumed that very few dishes are to be served at each meal.

To modify recipes to fit your needs is not diffi-

cult, especially when the ingredients are given in cupfuls. Simply estimate what portion of the recipe you wish to prepare, and fill a corresponding portion of the first cup. Shake it until the material stands level in the cup, and note how far from the top it comes; then fill the cup always to that same point.

Seasoning is usually given by the teaspoon or the fraction thereof, but that is only to give you an approximate idea of the amount required. "Season to taste" is quite as sensible an instruction, for your notion of how much you want is about as good as anyone's.

MIXING INGREDIENTS

Recipes usually tell you the order in which to mix the ingredients. Sometimes this is unimportant, the only essential point being to mix them thoroughly. In other cases the order is quite important. For example, adding baking-powder to liquid before the flour is stirred in permits the gas to escape, and the effect is lost. Mixing milk with acids or egg causes curdling that spoils such materials as tomato soup and lemon pie-filling. Mixing oil and acid in salad dressing must also be done in a certain way, if the ideal emulsions are to be obtained.

Frequently the effects of lightness or smoothness can be secured by thorough mixing, or beating, of the ingredients. Lumpiness in batter, puddings, gravies and dressings can only be avoided by following the directions as to the order and

conditions of mixing. Get a good egg-beater and use it, not only for eggs but for mixing many other ingredients. An ice-shaver and a tin shaker are needed in preparing many beverages.

SHAPING AND GARNISHING

Foods may look mussy and unattractive, or neat and simple, or fussed-up and fancy. You can have them any of these ways you like. Dressing up the dishes we serve is a good deal like dressing ourselves. We all want clothes to keep us warm, most of us want to look neat, and all of us want an occasional bit of ornamentation. Sometimes if our clothes aren't shaped right it may injure our health, but food in fancy forms is as wholesome as food in plainer guise, and more so if it brings good cheer to the table. In families with children at the toy-loving age any sort of grotesque or ornamental trickery with foods is a great joy-giver.

COOKING A MATTER OF HEAT AND MOISTURE

The different degrees of heat and moisture to which foods are subjected differentiate the various processes of cooking from one another. The extraction of moisture, as in dessicating or drying foods, and the adding of moisture in soaking foods, are not strictly cooking, but both these processes materially change conditions and flavors. Dried fruit has a somewhat different taste from fresh fruit, and dry fruit may be freshened by soaking

overnight, in which case you will have a palatable article somewhat different from either the fresh fruit, or the dried fruit cooked.

The greater the degree of heat, the more rapidly will the moisture be driven from the food material or absorbed by it, as the case may be. To this fact is due most of the differences in the time required for cooking by different processes.

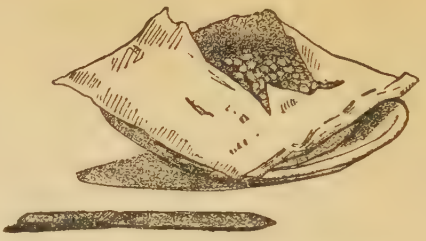
Dry heat is applied in toasting, roasting and baking. In toasting and broiling the food is exposed to radiating heat which quickly cooks the outer layers. The method is suitable only for foods cut so thin that they can be quickly cooked through, or else for those which do not require to be cooked through, either because they have been cooked before, or because we prefer, as in the case of steak, to eat them partially uncooked. Steak may be pan-broiled by first rubbing the skillet with a little suet and then by turning the steak frequently. Such steak is more wholesome and better flavored than steak fried in a large amount of fat.

Baking exposes the object on all sides to dry heat at temperature considerably higher than the boiling point of water. This crusts or browns the outside, but the moist interior is not raised above the boiling point. Only occasionally are foods like zwieback and crackers baked until they are entirely dry and equally cooked throughout.

"EN CASSEROLE" COOKERY

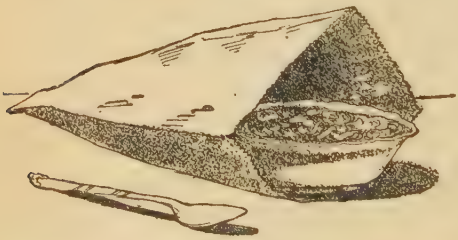
A method of cookery now finding much wider use than formerly is really a compromise between

baking and steaming or boiling. I refer to cooking in the oven in a casserole, or other covered dish, with various amounts of liquid added, according to the effect desired. In this case the foods do not crust over so quickly, and there is less danger of their burning on the outside, while there is also less danger of their cooking down and burning on the bottom of the cooking vessel than in cooking on the top of the stove. Yet the foods are not water-soaked, as when steamed or boiled—are just as tasty and certainly are more nutritious.



The paper bag opened after the cooking.

The great majority of foods and many food combinations may be cooked in this fashion. Any degree of browning over on the top may be secured by removing the cover of the dish at a suitable time. In this style of cooking nothing is wasted, as all the juices are retained in the dish as served.



Paper-bag cookery used in baking puddings—the dish at the moment of its insertion in the bag.

PAPER-BAG COOKERY

Paper-bag cookery, which has attracted considerable attention, is very similar in effect to cooking in the oven in a covered dish. By enclosing the food in a paper bag, the direct radiation from the overheated oven walls is shut off, and yet there is an even heat all around the food. The result is that there is less scorching and burning on the outside and more even cooking throughout. Another advantage is that the food is shut up in a small air-tight container, and its vapors are prevented from escaping; hence the claim of the greater retention of flavors.

Paper-bag cookery applied in baking apples. In this illustration the method of closing the bag firmly at the end is clearly shown.

I cannot recommend too highly either of these styles of oven cookery. The only argument against them is that they require the heating up of an oven, which is slightly more expensive and sometimes a more unpleasant operation than heating a pot on top of the stove.

COOKING FOOD IN ITS OWN VAPOR

Another method of cooking that has a distinct advantage is the cooking of moist foods in their

own vapor, without the addition of any, or, at least, of very little water. In the case of very moist green vegetables this can be done in an ordinary pot on top of the stove, if the fire is turned low and a little water is on the greens from recent washing. But it is much more easily done in a tightly covered double boiler, since there is then no danger of the food burning or sticking on the bottom of the pot.

Leafy vegetables cooked in this fashion retain all

A potato boiled in brine is really baked, as it is cooked at a temperature fifteen degrees higher than the boiling point of water. The brine extracts the water and gives the potato the desirable mealiness.

their ingredients and flavors, and are not water-soaked and washed-out as when boiled. For the thin, leafy, or tender vegetable, this method of cookery has the same advantage that oven cooking has for more solid materials. Obviously one cannot bake thin leafy material, as it would simply dry out. Therefore the usual method has been to cook such substances in water, which is all right if one wishes stew, but when the elements and the flavor are desired in the original substance and not in the liquor, cooking in water is a failure. Vapor cooking solves the problem.

THE DOUBLE BOILER

The double boiler can be used for the cooking of almost any materials that are cooked in water. The process will be slower than boiling, as the temperature maintained in the top vessel is from ten to twenty degrees less than the boiling temperature. If the food is first brought to a boil on the open fire, the cooking will be much expedited, as the material heats very slowly when it is put into a double boiler cold. Put the food in one pot and the water in another and bring both to a boil; then place the one pot in the other, and turn the fire so it will keep the water boiling gently. You can then turn your attention to other matters.

THE STEAMER

The effect of the steamer is not very different from that of the double boiler, as in both cases the temperatures are somewhat lower than the boiling point. In the steamer foods tend to absorb more moisture from the steam, while in the double boiler they tend to dry out slowly. This applies to food not immersed in water. If the foods are immersed in water and then placed in the steamer or double boiler, the effect will be the same, the only difference being in the way the heat is transferred to the vessel that contains them.

THE FIRELESS COOKER

The effect of cooking in this rather wonderful and economical device is very similar to that of the

processes just discussed, as cooking goes on at a point somewhat less than boiling temperature.

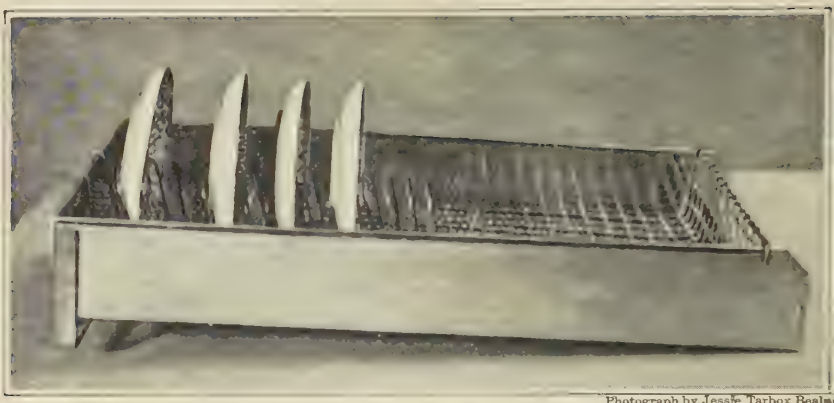
The fireless cooker is merely a device for insulating a pot of food so as to keep it near the boiling temperature to which it has been brought on the stove. If an ordinary cooking pot has a good lid on it and is clean, it may be wrapped, first in newspaper, or an old towel, and then in a blanket or any heavy cloth. This gives you a rather clumsy, but very effective fireless cooker.

Any handy man can make a fireless cooker that will be somewhat more convenient. The only purchased article required is a covered pail, large enough to hold the cooking pot to be used and made of any bright metal. A box is required large enough to give three or four inches all around the pail, sides and top and bottom. A horizontal partition is fitted in this box with a hole cut the size of the pail, and this partition is set down about three inches from the top of the box. The space beneath and around the pail is stuffed with any insulating material. Either cotton or crumpled newspapers will serve very well. After the lid of the pail has been put on, a pillow made of cotton fills the remaining space, and a lid is fitted on top of the box to hold the pillow in place. A pot of food placed in this device when boiling hot will continue to cook for several hours, and will keep warm for a half a day.

THE STEAM-PRESSURE COOKER

Water boils at 212 degrees and cannot be made any hotter while exposed to the atmospheric pres-

Upper photograph: Modern fireless cooker, with its interior parts.
Lower photograph: A double boiler.



Photograph by Jessie Tarbox Beals

A dish drainer. After rinsing, the dishes are set in the grooves and allowed to drain dry, eliminating the work of drying dishes.

A steam cooker.

A pressure cooker.

sure. This is one of the facts that women do not seem to understand, for if they are in a hurry to cook anything they will boil it "hard." Once a pot is brought to a boiling temperature, cooking proceeds just as fast, as long as it is kept boiling, whether it boils fast or slowly. Where fuel is an item there is considerable economy in turning the flame down to the minimum amount that will just keep the pot boiling.

But water and steam will get hotter than the boiling point if under pressure. Hence the steam-pressure cooker now on the market will cook more quickly than will ordinary boiling or any other method. The pressure cooker is a rather expensive device, as it must be both light and strong. But it is an excellent cooker. It has another very important use, especially on a farm, and that is in sterilizing foods for canning.

BRINE-BATH COOKERY

This is something entirely new in cooking methods. It was worked out by Mr. Hastings of the Physical Culture Food Laboratory. He was testing the temperatures in a double boiler when it occurred to him that the full boiling temperature could be secured in a double boiler, which would still have the advantage of not sticking or burning, and that such a device would have many advantages. Knowing that salt raised the boiling temperature of water, he picked up a sack of salt and dumped it into the lower pot of the double boiler. Not all the salt dissolved but some remained in the bottom of the pot, maintaining a solution of fully satu-

rated brine. He now let this come to a boil and tried it with his chemical thermometer. He found that the brine had reached a temperature of fifteen degrees above the boiling point of water. He put the upper pot back, and the water in it now began to boil slowly.

The advantages of this method are at once apparent. Anything which is commonly cooked in a double boiler can be cooked in the brine-bath boiler more quickly, as the temperature is about fifteen degrees higher. Also anything that is commonly cooked by boiling in an ordinary pot can be cooked in this clever device—for it actually boils. In neither case is there any worry about the material burning on the bottom of the pot, for the metal of the bottom of the pot is practically no hotter than the cooking food. Even if the water boils out of the food it does not burn. Jellies, preserves and syrup for candy may be thus cooked without laborious watching and stirring. The method is particularly advantageous for cooking greens and tender vegetables in their own vapor.

No equipment is required but a large double boiler. Unfortunately most of the double boilers in the market are small, and you may have trouble getting one with a large enough inner pot to hold all the things you will find it convenient to cook by this method. The upper pot should also set well into the lower one, as it must come in contact with the brine, and not merely the steam above the brine, as that is no hotter than ordinary steam.

The salt can be used over and over. There

should be enough of it so that some of it always remains undissolved. As the brine boils down replenish the water, but do not boil it hard; just keep it boiling gently.

A SUPERIOR METHOD OF COOKING POTATOES

I have not yet told the most interesting and useful thing about the brine boiler—and that is that you can cook in both pots at once, for certain foods can be cooked in the concentrated brine itself. And yet after such cooking may not be as salty as some of you will want them!

That is something one has to see demonstrated in order to believe it. In fact Mr. Hastings did not believe it himself until he tried it. Being of an experimental turn of mind, he one day threw a potato into the boiling brine "just to see what would happen," and having no idea that it would be fit to eat. Forty minutes later he fished the potato out. It was covered with crystallized salt. He rinsed this off and broke open the potato and found that he had as fine a *baked* potato as he had ever seen. On tasting it he found that it was salted just about right.

The brine had shriveled the skin of the potato, but it was not blistered up like a baked potato, nor would it peel off like a boiled potato skin. Beneath this tightly-held skin was a layer of rich golden brown, and the whole potato was exceedingly mealy.

Here is the scientific explanation of it all: The potato in the brine cooks more quickly and more

thoroughly than in unsalted water because of the higher temperature and the better conductivity of the brine for heat. It does not burn as when cooked in the oven, for the temperature is not hot enough for that. The mealiness, which is important to taste and digestibility, is caused by the withdrawal of water by the brine, which has a great affinity for water. Its effect is somewhat the same as that of the hot air in baking. In ordinary boiling, particularly when the potatoes are allowed to remain in the water too long, there is absorption of water and sogginess.

It is the pressure of the water within the potato trying to get out that keeps the salt from entering. But the skin of the potatoes to be cooked in this fashion must be unbroken. Sound potatoes should, therefore, be chosen, and they should be well washed with a brush, not pared or scraped. Better choose medium-sized ones and those of uniform size, so that they will all finish cooking at once and not remain in the water long enough to become salty.

As soon as you take them out, rinse for a moment only under the faucet, then permit them to dry from their own heat, and serve immediately. Remember that the skin is the best part about these brine-cooked potatoes.

Some other root vegetables may be cooked in brine, particularly sweet potatoes. But the distinctive effect of mealiness is not obtained in any other type of food. Brine-cooked sweets may also be eaten skin and all, for the skin neither burns nor peels loose in a papery layer.

CHAPTER XVII

Breads

THE extensive use of grains as food, except in rice-eating regions, depended upon the invention of the arts of grinding grain and making bread.

Long before men built pyramids and made themselves walled cities, women sat grinding at the mill, pounding grain into flour and patting it into bread and cakes. For tens of thousands of years men thrived upon bread made from grains ground whole. Only within the last century has the invention of elaborate milling machinery eliminated the hulls of wheat and made the fine white flour which has become the staff of life of western civilization. This white, "patent," or fine flour, has been accepted because it makes a whiter and lighter bread than the dark heavy loaf of the peasant and backwoodsman.

Thus white bread became the emblem of civilization and prosperity. Not to have white bread to eat was a sign of poverty and unprogressiveness. But, as in the case of firearms and fire water, it was progress of doubtful value. About seventy years ago a man named Sylvester Graham found fault with white flour. Graham's argument was based upon health, and he claimed that the part of the grain we discarded contained the best elements of the wheat. His views, after two generations of opposition, have, within the last decade, received the endorsement of science—an endorsement due to a larger understanding of the role of

mineral elements in nutrition and the discovery of vitamins.

Graham, or whole-wheat, bread is not as completely digestible as white bread, but completeness of digestion is not a test of the wholesomeness of a food. Crackers, cheese, sugar, starch and oil are all completely digestible, and for that very reason a diet of such foods, if long continued, would send a man to non-material realms where digestion of any sort would be quite superfluous.

The very fact of the less complete digestibility of the whole-wheat bread is one reason for its wholesomeness. Whole-wheat bread is about eighty-five per cent digestible. The discarding of thirty per cent of the wheat in the process of milling represents a net loss of something like fifteen per cent of the nutriment. That portion which is indigestible consists of pure cellulose, but even the bran is not pure cellulose, for it contains food elements that are dissolved out by the digestive juices. These include the highly essential mineral salts and the water-soluble vitamin B.

Neither whole wheat nor fine flour contains the ideal proportion of cellulose. The fine flour contains practically none. The whole wheat, without admixture of other foods, may contain too much. In fact bad results were observed in Belgian relief work during the war, because the Belgians were obliged to subsist almost wholly upon coarse bread, and under these conditions received more cellulose than they needed. It seems difficult for some minds to grasp the fact that if a little of anything is good more may not be better. Foods of civili-

zation, including meat, milk, cheese, eggs, fats and sugars, are almost completely devoid of any digestive residue to give the necessary bulk for intestinal action. With a diet of such concentrated foods, the addition of whole-wheat bread is invariably beneficial. The proper amount of the branny elements of wheat that should be used is determined by the nature of the rest of the diet. If the diet contains a large amount of fruits and vegetables, less of the whole wheat is required. This balance may be attained by using moderate quantities of whole-wheat bread, or by the use of a mixture of white flour and whole wheat.

Genuine whole-wheat flour can now be purchased in practically all markets. On farms where there are mills for grinding grain for animals, whole-wheat flour may be made at home with little expense. If such flour is a little too coarse for bread-making, it may be mixed with white flour, provided the diet is not otherwise deficient.

Hand-mills may be purchased for home grinding. The ordinary coffee-mill is too slow to be practical, but a larger hand-mill will be well worth while, especially if you adopt the habit of using cracked wheat as a cereal. The same mill may be used for cracking corn and making coarse cornmeal.

One of the most valuable elements in whole-wheat flour is the water-soluble vitamin. This is present in the bran, and still more abundant in the germ. We have only recently learned that this vitamin may be extracted and used in bread without the use of all the branny substance. This

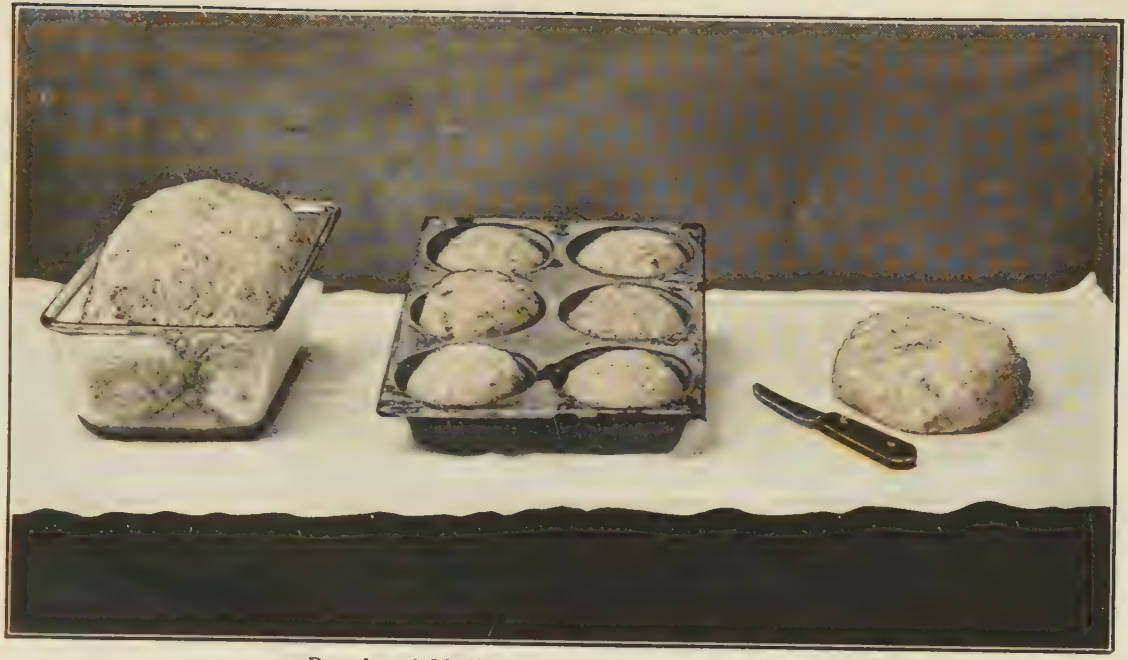
enables us to secure the vitamin and other valuable soluble elements of the bran and germ without the cellulose. This process is the basis of commercial bread, which claims to be the first white bread ever put on the market that would sustain the life of experimental animals for more than a few weeks.

Such bread requires a complicated patented process for extracting the necessary elements from the wheat germs which the white-flour millers discard. Similar results can be obtained, however, by soaking bran in water. The use of bran water in cookery enables one to make white, or nearly white bread, which is similar in nutritive qualities to the genuine whole-wheat bread. However, this has no advantage over the whole-wheat product, except for those who have found that a high percentage of the coarse bran is irritating to the digestive tract.

The amount of coarse fiber, or cellulose, to be eaten is not the same for all, because the effect will vary with the individual. Most people on a conventional diet eat entirely too little of this coarse fiber, and will hence be benefited by the use of genuine whole-wheat products. Those who have found that whole wheat furnishes too much fiber may use bran-water breads with advantage.

THE ART OF MAKING WHOLE-WHEAT BREAD

Bread-making is somewhat of an art, and cannot be wholly reduced to definite rules that will apply in all cases. Even if the flour used is genuine whole wheat, this does not mean that it is



Bread and Muffins ready for oven. Page 118.

Nuts.

Fruit.

the same as all other whole-wheat flour the world over, because there are different varieties of wheat, carrying different proportions of gluten. Moreover the yeasts may vary, and it has been definitely shown by commercial bakers that the action of the yeast depends not only on the temperature, and the nature of the flour or other ingredients on which it feeds, but also upon the water used in mixing the bread—or rather upon the mineral salts that are present in or absent from the water.

Many women, who have through experience learned to make good bread from white flour, try to make whole-wheat bread in exactly the same way, and fail to get satisfactory results. They will have to relearn the art of bread-making, for whole-wheat flour requires another procedure.

Considering these difficulties, I will give you here three sets of instructions, as reported by three people, all of whom made a great success of whole-wheat bread-making. One of these is a housewife and two are bakers for health restaurants. It is not so much that these are different breads, but the method varies slightly and is described in different ways. Read them all over carefully, and then pick one and try to follow it. At the same time use your own judgment and experience to adapt it to your own materials and ways of bread-making. In order not to diverge from these carefully worked-out recipes, I am giving the amount of salt as these people use it, but the salt has nothing to do with bread quality and may be omitted.

FIRST BAKER'S METHOD

- 3 pounds flour
- ½ ounce sugar
- ¾ ounce salt
- ½ ounce any good vegetable fat
- ½ ounce yeast (Fleischmann's)
- 1 quart water (warm in winter, cold in summer)

Mix together the flour, fat, salt, sugar and water. Add the yeast, having soaked it previously for fifteen minutes in a little warm water, taken preferably from the quart you allow for the making of the bread. See that the yeast is thoroughly dissolved, and that none remains in the bottom of the cup when you put it into the batter.

Having added the yeast, mix the whole combination thoroughly, and see to it that no lumps of flour are left. Don't prolong the mixing unnecessarily, as too much of it does more harm than good.

The dough, when this mixing is complete, should not be soft enough to run. If it is, add enough flour to stiffen it to a point where it will not run. This depends largely on the kind of flour you use.

Let this mixture rise for about three hours in a temperature ranging between seventy and eighty degrees. The dough ought to rise to twice its original size. The best way to find out whether it has risen properly is to thrust your finger into the middle of it. If it falls when you do that, it has risen enough. If it does not fall, it has not risen sufficiently, and you must let it stand a bit longer. Don't let the dough stand till it falls of its own accord, without the help of your finger, for that means that it is too "ripe."

When the finger test shows that the dough is ripe, punch it down to its original size, and then let it stand for another half hour, or until it is ripe again. Use the finger test, as before, to determine this.

When it is ripe a second time punch it down again, and immediately mold it into loaves, dividing the lot into three.

One good way to tell whether the dough has risen sufficiently in the pans is to feel it with the hand. When it has risen properly it will be soft, as compared to its condition before rising, and will have a certain silky feel to it, which you will have to learn by experience to recognize. When the dough acquires that significant softness in the pan, it is ready for the oven, regardless of whether it has risen to the height you desire or not. It will rise a little more after it gets into the oven.

The temperature of the oven should be from 350 to 450 degrees Fahrenheit. If you haven't a thermometer and don't want to buy one, you can interpret this to mean a rather slow oven, not an extremely hot one. Bake the bread for an hour, more or less, according to the oven temperature.

SECOND BAKER'S METHOD

- 4 pounds soft whole-wheat flour
- 1 ounce salt
- 1 ounce brown sugar
- 2 ounces shortening (vegetable oil)
- ½ ounce Fleischmann's yeast (about a cake)
- 2¾ pints water (including the water used to dissolve the yeast)

Mix these ingredients, and let rise from three and a half to four hours, using the tests already

described to find out when the dough is ripe. Bake it in quite a slow oven for about one hour and thirty minutes.

See to it, in mixing the dough, that it is not too wet, and that it does not run, as might happen with some flours. If it does, stiffen it. But remember also that the dough of whole-wheat bread is thinner and stickier than that of white bread. Remember also not to handle and knead the dough any longer than is necessary.

THE HOUSEWIFE'S METHOD

13⅓ cups whole-wheat flour	1 level tablespoonful butter
5 cups lukewarm water	2 level tablespoons salt
1¼ cups milk	3 level tablespoons sugar
	1 cake yeast

Put the yeast in a cup of lukewarm water before you do anything else, and set it aside to dissolve. Next mix the salt, sugar, butter and milk with four cups of lukewarm water, being sure to have the water warm enough so that the completed mixture will be lukewarm.

To this combination add the dissolved yeast. Be sure that the whole thing is lukewarm. Insufficient warmth will ruin the result.

Now add the flour, and turn in a bread-mixer for seven minutes. A mixer is a great convenience, as this dough is very thin and sticky.

Cover the top of the mixer, and let it stand in a warm place for from four to six hours. If the dough takes six hours to rise, it has had insufficient heat either in the mixing or during the

rising period, and the bread will probably not turn out as well as it should. The ideal rising period is a trifle over four hours. The dough should rise till it is almost twice as high in the mixer as at first.

Divide the dough into three parts, put it in buttered bread-pans, and set aside in a warm place till it rises to the top of the pans. Before rising in the pans the dough will fill them a little more than half full, if they be full-sized pans. The rising should take eighteen to twenty minutes, and a good way to get enough warmth to cause this rapid rise is to light your oven and place the dough near it.

When you put your bread in the oven, be sure that the latter is very hot. After the bread has been in this heat for five minutes, turn the burners lower, to the point which will give what you ordinarily consider a "moderate oven." Bake for fifty-five or sixty minutes, changing the location of the pans in the oven occasionally, so that all sides will bake evenly. On removing from the oven butter the tops of the loaves, and let them stand to cool. As a result of this method of baking the loaves will have a thick, firm crust, and the bread itself will be light. Don't cut the bread till the next day, and when you do use a very sharp knife.

USE MILK IN BREAD-MAKING

The use of milk adds greatly to the nutritive properties of any bread. Milk should be used in all breads, unless the whole family drinks milk

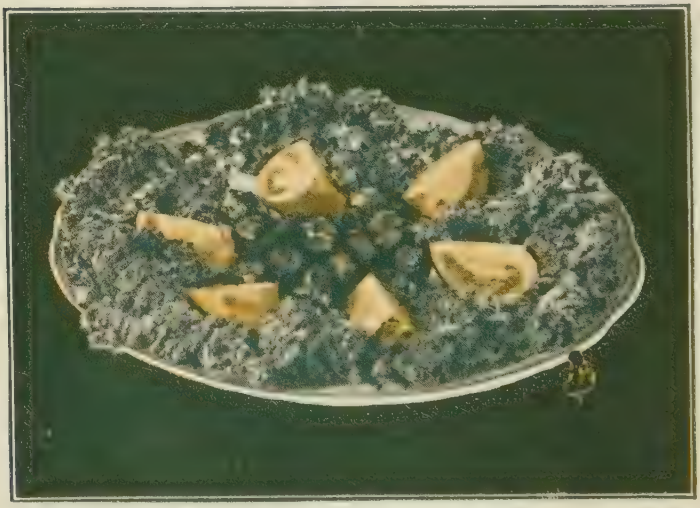
regularly. When whole milk is abundant and inexpensive, it may be used for the liquid of the bread instead of water. When it is more expensive per quart than the evaporated milk is per can, the latter may be used with economy. By the use of evaporated or dry milk the percentage of milk in the bread can be increased to a greater degree than would be secured from fresh milk. As there is considerable sugar in milk, no other sugar should be added to the bread when such high proportions of milk solids are used, unless you want a perceptibly sweetened bread.

Do not attempt to go to extremes in using milk nutrients in bread, or its texture and lightness will be destroyed and you will have a soggy loaf. About equal parts by weight of evaporated canned milk and flour, or about one-fifth by weight of dry powdered milk to the flour, is the safe maximum. These proportions will give breads about three times as rich in milk elements as whole-milk bread, in which fresh milk replaces the water. These higher proportions of milk are great enough to obviate the necessity of using other milk in a diet largely composed of such bread. Ordinarily I should advise using milk as a beverage, and in other cookery, and not attempting to exceed the milk content of whole-milk bread—that is bread all the liquid of which is whole fresh milk, or equal parts evaporated milk and water—or ten per cent by weight of powdered milk dissolved in water. Or the milk powder may be added to the flour, using not more than ten per cent; even five per cent will very greatly enrich the loaf.

Whole-Wheat Bread. Page 129.

Bran-Water Bread. Page 127.

Fruit in Orange Baskets.



Green Salad—Consisting of Endive, Tomatoes and Olives.

BRAN-WATER BREAD

Occasionally those who are suffering from inflammation or tenderness of the digestive tract are not able to tolerate whole-wheat products. If, in this case, they resort to white breads they are in danger of a deficiency of the essential elements contained in the bran and germ of the wheat. This situation can be successfully met by the making of bran-water bread. The method is as follows: Take a quantity of bran equal in bulk to the amount of bread to be made. Soak for twelve to twenty-four hours in enough water to cover. Then put into a muslin sack and drain out the water. Use this water for mixing the bread made with white flour. In order to incorporate milk into this bread, it is necessary to use evaporated or dry milk; otherwise there will be too much liquid.

WHEAT-RYE COMBINATION BREAD

The principle of making this bread is the same as in the case of straight whole-wheat bread. The rye flour had best be used for the first sponge, adding the whole-wheat flour last. Any proportions of the two flours may be used, but half and half is very good.

CORNMEAL WHOLE-WHEAT BREAD

4 cups cornmeal	2 ounces sugar
4 cups whole-wheat flour	2 ounces cooking fat
1 cake yeast	1 quart water

Stir up a sponge with the yeast, water and part of the whole-wheat flour. After the sponge has

risen, add the cornmeal with the rest of the flour and the other ingredients. Make into loaves, set in greased pans, and when they have doubled their bulk bake in not too hot an oven for about an hour.

OATMEAL BREAD

4 cups flour
1 cake yeast
2 cups rolled oats
2 tablespoons cooking fat
5 tablespoons brown sugar

Dissolve the yeast in half a cup of water. Pour two cups boiling water over the oats, and let stand till tepid. Add the sugar and shortening to the oatmeal, and then the yeast. Beat well, add the flour gradually, and work into a rather hard though elastic dough. Knead until smooth. Wash and butter the mixing bowl, and set the dough in it. Cover and let it rise in a warm place till light and double in bulk. Cut down and shape into loaves. Let rise again till nearly doubled. Bake forty-five minutes in not too hot an oven.

SWEET-POTATO CORN BREAD

5 cups cornmeal
3 cups wheat flour
1 teaspoon salt
1 cake yeast
2 cups mashed sweet potatoes

Mix one pint each of cornmeal and flour, and add enough warm water to form a stiff batter. Add the yeast mixed with a little warm water. Keep the sponge in a warm place until light. Scald the remainder of the meal with boiling water, and when cooked add it to the sponge with the remainder of

the flour and the potatoes. The dough should be thick enough to knead without sticking to the board. Knead well, put in warm place to rise. When light form into loaves, put in bread-pans, and let rise until the volume is doubled. Bake in a moderate oven. Pumpkin may be used instead of sweet potatoes.

NUT BREAD

Dissolve half an ounce of compressed yeast in one quart of lukewarm water. Then add three-fourths of a pint of nut meats, grated very fine, or ground into a meal. Add three quarts of whole-wheat flour, or enough to produce the consistence of ordinary dough. Mould into loaves, put immediately into pans, and let stand about an hour and three-quarters in a warm place to rise. Then bake carefully (in a steam cooker if possible) from an hour to an hour and a half.

RAISIN BREAD

Work raisins into whole-wheat dough at the last kneading. The quantity used is a matter of taste; the small raisins are preferable. If you are clever enough to get them worked into the dough so that none of them stick out, you will avoid burned raisins.

Other dried fruits, especially figs and dates, may be incorporated into bread, either separately or in combinations. In any case the material should be chopped up rather fine.

WHOLE-WHEAT BREAD STICKS

Roll bread dough into a sheet. Cut into strips one-fourth inch wide, lay on a greased tin, brush with butter, and allow time for rising. Bake until brown. These are good served with soup or salad.

BAKING-POWDER WHOLE-WHEAT BREAD

2 cups whole-wheat flour
1 cup white flour
1 egg
½ cup sugar
2 teaspoons baking-powder
Sweet milk enough to make a very stiff batter

Bake in regular bread-tin as a loaf.

BRAN BREAD

2 cups white flour
2 cups bran
1 teaspoon vegetable fat
½ cup molasses
2 cups sour milk
2 teaspoons soda

Mix all the dry ingredients thoroughly. Then add the molasses, sour milk and melted fat. Beat until well mixed. Turn into buttered baking-pan, and bake in a moderate oven one hour.

WHOLE-WHEAT BISCUITS

2 cups whole-wheat flour
1 tablespoon honey or sugar
¾ cup milk
2½ teaspoons baking-powder
2 tablespoons butter or cooking fat

Mix flour and baking-powder, then work the fat into dry flour, and stir in the honey. Add liquid,

stir, and knead till dough is right to roll. Roll out somewhat thinner than white-flour biscuits, and bake in a slower oven.

WHOLE-WHEAT PUFFS

2 cups whole-wheat flour
½ cup milk
2 eggs

Beat together until very smooth the yolks of eggs, the milk and the flour. Beat whites of eggs separately to a stiff froth, and fold into the batter. Bake in small gem-pans. This bread, if properly made, requires no leavening other than the eggs.

BRAN MUFFINS

1 cup bran
1 cup entire-wheat flour
3 tablespoons molasses
1 tablespoon baking-powder
1 cup sweet milk

Mix, and bake twenty or twenty-five minutes.

WHOLE-WHEAT GEMS

1 cup sweet milk
1 egg
1 tablespoon sugar
1 tablespoon cooking fat
1½ cups graham flour, or
1 cup graham flour and ½ cup white flour
2 teaspoons baking-powder

Mix the flour, sugar and baking-powder; add the sweet milk and melted fat, and mix thoroughly; beat in lightly the well-beaten egg. Put into buttered muffin-tins, and bake in a moderately hot oven twenty minutes.

WHOLE-WHEAT GRIDDLE CAKES

- 2½ cups whole-wheat flour
- 2½ cups milk
- 1 teaspoon molasses
- 2 level teaspoons baking-powder
- 2 eggs

First, mix the flour with the baking-powder. Second, stir in the milk. Third, stir in the molasses. (Molasses is not absolutely necessary, but it makes the cakes brown somewhat more easily.) Fourth, add the eggs, well beaten. Fifth, mix thoroughly and bake on a hot, well-greased griddle.

WHOLE-WHEAT WAFFLES

- 3 cups whole-wheat flour
- 2 eggs
- 1 teaspoon melted butter
- 2 cups milk
- 3 level teaspoons baking-powder

First, mix the flour and baking-powder and work in the butter. Second, add the milk. Third, add the eggs, well beaten. Fourth, mix thoroughly and bake on a hot waffle-iron.

WHOLE-WHEAT FRUIT MUFFINS

- 1 cup brown sugar
- 4 eggs
- 1 cup chopped raisins and dates
- 4 level teaspoons baking-powder
- 1 cup butter
- 1½ cups milk
- 4 cups whole-wheat flour

First, cream the butter and sugar. Second, add the beaten eggs. Third, mix the dry ingredients

together and add them. Fourth, put in the milk. Bake in muffin-tins for about thirty-five minutes. Have the oven very hot for the first five minutes. After that moderate the heat.

WHOLE-WHEAT RAISIN BUNS

- 1½ cups whole-wheat flour
- 2 tablespoons cooking fat
- ½ cup milk
- ½ cup seeded raisins
- ½ cup sugar
- 4 teaspoons baking-powder
- 1 teaspoon ground cinnamon

Sift the flour and baking-powder together. Rub in the shortening with the finger-tips. Dissolve the sugar, reserving one tablespoonful, in the milk, and add slowly to the flour. Form into a soft dough, yet stiff enough to roll out on a floured board. Melt a little shortening, and mix with a little milk in which the remainder of the sugar has been dissolved. Brush the rolled-out dough with this, and dust with the cinnamon. Scatter the raisins over the dough, and roll up as for jelly roll. Cut into slices two inches wide, and bake on greased pans from twenty to thirty minutes.

BALTIMORE CORN BREAD

- 2 cups cornmeal
- ½ cup rice
- 3 eggs
- ½ cup milk
- 2 tablespoons cooking fat
- 2 cups boiling water
- 1½ teaspoons baking-powder

Scald the meal with boiling water. Stir to a smooth mush, add cooked rice and milk, and beaten eggs. The batter should be the consistency of

custard. Stir in the baking-powder and melted fat. Bake in shallow pans in hot oven twenty minutes to half an hour.

STEAMED CORN BREAD

2 cups sour skim-milk
2 cups cornmeal
½ cup sugar
1 cup flour
2 tablespoons cooking fat
1 teaspoon soda

Scald the cornmeal with a pint of water, and stir to a batter with sweet milk. Mix sugar and flour; dissolve soda in a little warm water and add to sour milk. Stir into the batter, add salt to taste, and steam two hours.

CORN MUFFINS

1 cup cornmeal
1 cup flour
¼ cup sugar
1 egg
1 cup milk
3 tablespoons butter
2 teaspoons baking-powder

Sift the flour with the baking-powder. Mix the sugar and cornmeal. Beat the egg and add to the milk. Add this to the cornmeal and sugar. Add the flour, and last of all the melted butter. Bake in a hot oven twenty to thirty minutes.

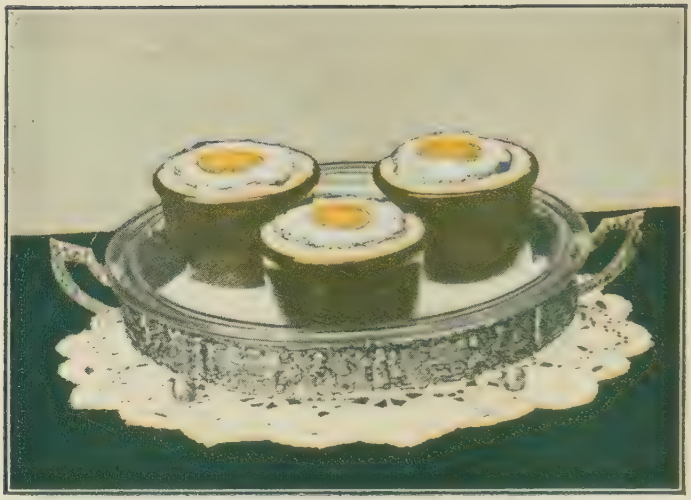
SUET CORN BREAD

1 cup cornmeal
1 cup flour
¼ cup molasses
2 ounces suet
3 teaspoons baking-powder
1 cup water

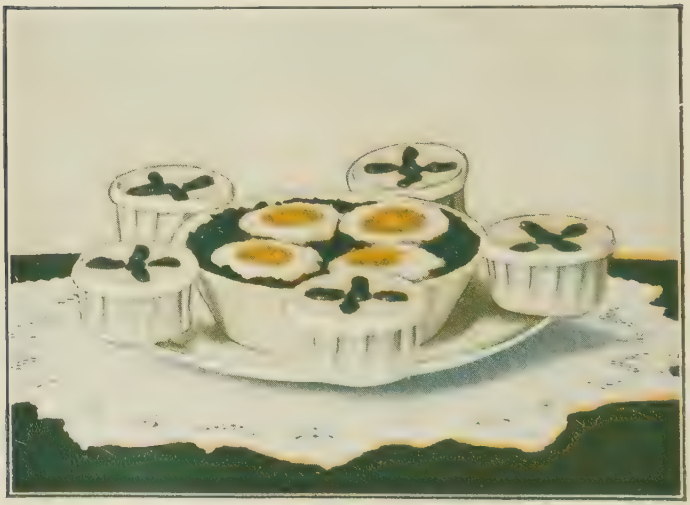
Sift the flour with the baking-powder, and mix with the cornmeal. Add the water, molasses and

Whole-Wheat Muffins. Page 132.

Chocolate Corn Bread. Page 135.



Eggs in Potato Ramekins. Page 163.



Eggs with Spinach. Page 163.

chopped suet. Mix all together and beat hard. Bake in buttered (shallow) pan in hot oven twenty-five to thirty minutes. This is similar to the crackling cornbread used in the South.

THIN CRISP CORN BREAD

2 cups milk
1 cup cornmeal

Pour the milk slowly over the cornmeal in a bowl, and stir well. Make hot a well-oiled pan, and pour the batter into it not more than half an inch deep. Bake in a hot oven twenty-five minutes. It will not be light, but just crisp and tasty. Serve hot with butter or syrup.

BATTER BREAD

2 cups cornmeal
3 eggs
2 cups milk
4 tablespoons cooking fat
4 tablespoons baking-powder
1 tablespoon sugar

Scald the meal with boiling water. Add the fat. Add eggs, well beaten, and milk. Batter should be very thin. Bake in well-greased earthen pan in hot oven.

CHOCOLATE CORN BREAD

1 cup wheat flour
1 cup cornmeal
1 cup skim-milk
1 egg
2 tablespoons cooking fat
2 tablespoons chocolate
¼ cup sugar
2 teaspoons baking-powder

Scald the meal with half a cup of boiling water. Add egg, well beaten, with the fat, sugar and

chocolate. Sift the flour with baking-powder, add to the batter, and beat well. The batter should be quite soft. Bake in a hot oven about three-quarters of an hour.

FRUIT CORN MUFFINS

1 cup cornmeal
1 cup wheat flour
1 egg
1¼ cups milk
2 tablespoons sugar
2 tablespoons butter
4 teaspoons baking-powder
½ cup chopped dates and figs

Cook the cornmeal, sugar, butter and milk together for ten minutes in double boiler. When cool add the egg, the fruit, and the flour sifted with the baking-powder. Beat thoroughly, and bake in muffin-pans, or in a loaf, in quick oven.

CORN WAFFLES

1 cup cornmeal mush
1 cup flour
2 eggs
1 cup milk
2 tablespoons cooking fat
2 teaspoons baking-powder

Stir the beaten yolks into the mush, add the milk, the shortening and the flour, previously sifted with the baking-powder. Beat well, and add the stiffly beaten whites. A little sugar may be added if desired. The waffle-iron should be hot and well greased. Oatmeal, hominy, or rice, may be used in place of the cornmeal. Waffles are more wholesome than pancakes because they are cooked more thoroughly, the irregular surface of the waffle iron increasing the heating surface and the percentage of crust, and thus avoiding the doughy center.

CORN SLAPPERS

2 cups cornmeal — ½ cup milk
1 cup flour — 3 eggs
2 teaspoons baking-powder

Sift the cornmeal, and scald with half a cup of boiling water. Stir well. Add well-beaten yolks of eggs and enough of the milk to make a batter. Beat well. Add flour and the rest of the milk. The consistency should be that of thick cream. Fold in the beaten whites of eggs, stir in baking-powder, and fry on a hot griddle.

HOMINY CORN BREAD

1 cup hominy — 1 egg
1 cup cornmeal — 1 cup milk
1 tablespoon oil or butter

Boil the hominy, and while it is still hot mix the butter with it. Beat the egg light, stir into the hominy with milk and cornmeal. The batter should be of the consistency of boiled custard. If thicker, add a little milk. Bake in oven hotter at bottom than at top.

PEANUT CORNMEAL CRISPS

1 cup yellow cornmeal — 1 cup peanut butter

Put meal into a shallow pan, and heat in oven until it is a delicate brown, stirring frequently. Cream peanut butter by mixing with one cup of cold water and heating. It should be of the consistency of thick cream. Stir the cornmeal into this cream while hot, and beat thoroughly. Add

water until the mixture is just stiff enough to drop from spoon. Bake in small thin cakes on greased pan.

STEAMED BROWN BREAD

2 cups whole-wheat flour
2 cups cornmeal
2 cups milk
1 cup molasses
4 teaspoons baking-powder

Mix the flour and cornmeal, and sift with the baking-powder; then add the milk and molasses and beat thoroughly. Partly fill buttered one-pound baking-powder tins, or other round smooth cans; cover and steam in boiling water for three hours. Raisins and nuts make a good addition.

OATMEAL MUFFINS

1 cup oatmeal
1 cup flour
1 egg
2 tablespoons cooking fat
1 tablespoon sugar
¼ cup milk
4 teaspoons baking-powder

Cook the oatmeal as for porridge. Then mix the fat, well-beaten egg, and sugar dissolved in the milk. Sift the flour and baking-powder, and add to the oatmeal and liquids. Bake for thirty minutes.

RYE MUFFINS

1 cup rye flour
¼ cup sugar
2 teaspoons baking-powder
1 cup white flour
1 egg
1 cup sweet milk

Mix by the usual procedure, and bake for twenty minutes in hot muffin-pans in hot oven.

RICE PANCAKES

½ cup rice
1½ cups flour
1 egg
1 quart milk
2 teaspoons baking-powder
4 tablespoons sugar

Boil the rice in the milk in a double boiler. When cold add the flour, egg, baking-powder and sugar. Do not let the dough stand too long before using. Fry on buttered griddle. Serve with syrup or jam.

GINGER BREAD

1 cup dark molasses
1 cup sour milk
1½ cups flour
½ cup cornmeal
2 teaspoons ground ginger
4 tablespoons cooking fat
1½ teaspoons soda

Mix the flour and cornmeal, rub in the fat and add the ginger. Stir in the molasses and the sour milk, then add the soda dissolved in a little water. Bake in a quick oven one-half to three-quarters of an hour.

BREAD CAKES

2½ cups dry bread
½ cup cornmeal
2 eggs
1 cup milk
2 teaspoons baking-powder
2 tablespoons flour

Soak the bread overnight in milk. In the morning add the eggs, well beaten. Mix the cornmeal, flour and baking-powder; sift over the bread and eggs, and beat thoroughly. Bake immediately in a quick oven.

PEANUT-BUTTER BISCUIT

Replace the usual type of shortening with the peanut butter in any biscuit recipe. A similar peanut flavor may be given to muffins or thinner batter bread; but in that case it will first be necessary to make the peanut butter into a peanut cream by mixing with water or milk, or it may be worked up with the dry flour before liquid ingredients are added.

CHEESE BISCUITS

2 cups flour
2 teaspoons baking-powder
1 tablespoon butter
¼ pound grated American cheese
1 cup milk

Sift the baking-powder and flour together, and rub in the butter and grated cheese. Add the milk gradually, roll out dough, and proceed as with ordinary biscuits.

FRENCH TOAST

Dip slices of bread into a batter made of egg and milk, and fry to a nice light brown. Place on a plate, sprinkle with powdered sugar, and serve hot.

TO PREPARE BREAD CRUMBS

Cut stale bread into slices. Put into oven not hot enough to toast but merely to thoroughly dry them. When brittle, remove and pound fine, or put through a coarsely-set hand-mill. Crackers can be crumbled fine enough with the hands, but in the case of bread grinding is easier.

CHAPTER XVIII

Cereal Foods

IN the breakfast cereal—and there is no law but custom to keep it from being a dinner or supper cereal—we have a dish in which it is easier to make use of the whole grain than in breads. Even the most conventional cooks, who insist upon white-flour breads and ridicule all efforts to return to the use of whole-grain flour, have the idea that "cereals are healthful." The manufacturers have not been slow to take advantage of this attitude, and have placed on the market numerous cereal foods which are made from the whole grain.

The best of these cereals not only contain the whole grain, but have been put through a process that makes them tasty, without rendering them so soft and substanceless as to wholly discourage mastication—unless we spoil them by soaking them in liquids. Certain other breakfast foods made of wheat have part or all of the bran and germ removed. Farina, thought by some people to be made from corn, because of its granular texture, is made from the starchy interior of the wheat berry, and is exactly the same substance as white flour, only it is not ground so fine.

Most, if not all, manufactured corn cereals are made from the starchy portion of the grain, and are the same in composition as commercial cornmeal.

Rolled oats contain the whole grain. The hull which is on the oat grain as it is fed to horses is

not part of the true grain, but is an outer hull corresponding botanically to wheat chaff which is removed in threshing. The only objection to rolled oats is that the grain in this form cooks into a soft, sticky mush. The steel-cut, or granular oat meal, which is used in Scotland, is a preferable form, as it will not mush up so in cooking. It can be had here from the large grocers. If your grocer cannot supply it, a dealer in poultry feeds can order it for you from the oatmeal mills, as it is used for feeding baby chicks. Better still, he can get the oat groats, which is the whole hulled oat.

Rice, while never ground, is polished, which removes the thin, branny coating and the germ. Whole rice, called natural, brown, or unpolished rice, is much the more preferable form, and has been pretty generally introduced into the market because of the demand created by publicity given to the deficiencies of the denatured polished rice.

These grains, oats and rice, hulled but not denatured, are excellent cereals just as they stand, without any further manufacturing or processing. They can all be had, if one is willing to take the trouble to get them. If one buys them in quantities, they may be secured much cheaper than the cereals sold in packages.

The two more common grains, wheat and corn, can be secured in a farm community where they are grown in a form fit for human food. But in cities these two great foods, while they can be bought in a dozen complicated manufactured forms, are seldom clean enough for human consumption when in their natural form. They are

on sale as poultry and stock feed, but such grain, especially in the case of wheat, is frequently dirty screenings, or reject grades.

Good milling wheat, properly washed and cleaned, can be supplied by millers if they are willing to sell it to you. A farmer who grows it and who has a fanning mill to clean it is the most likely person to apply to. If you are a town dweller and have such a farmer cousin, have him send you a bushel by express. It will cost you much less than ready-to-eat cereals, and it is less trouble to cook than navy beans.

Corn is easier to get, but more difficult to prepare for the table. It is the one grain that is too hard and coarse to be made into a palatable food by simple cooking. The corn bran is a very thin, flinty coating, and differs from wheat bran in not possessing any particular nutritional value. Moreover the corn grain has a woody tip on the end of it where it joins the cob, and this is not pleasant eating. To the removal of these elements in the milling of corn there is no objection. But the corn germ, which is very large and rich, is also removed by the corn millers and used to manufacture a very fine variety of vegetable cooking oil. The other food elements in the corn germ are also lost to us, as the oil cake goes into cattle feed. Except for a few genuine whole (so often called "water ground") cornmeals, the only corn food which contains the germ is whole-grain hominy, which may be purchased in cans.

Whole wheat may be prepared by cooking it slowly for several hours. It is an excellent food,

for it must be chewed, and cannot be merely moistened with milk and gulped down. The necessity for such chewing makes boiled whole wheat a more genuine health food than any prepared cereal in the market.

If your family simply will not chew sufficiently to eat whole wheat, you may indulge them to the extent of cracking it in a hand-mill. Such cracked wheat is more quickly cooked and more easily eaten. Porridge may be made of the whole-wheat flour, but it is too mushy, and because no chewing is required is less wholesome than whole or cracked wheat.

Hulled oats are perhaps the most universally used breakfast cereal in the American home. The oat is the most nutritious of all cereals and the only one that can be eaten without mastication. It is rather difficult to explain why rolled oats have become so universally popular, while other grains treated in a similar fashion are scarcely known. Rolled wheat, rolled barley, rolled rye and flaked hominy, are all in the market, and, if your local grocer does not carry them, can be secured from any large mail-order house.

Such rolled cereals are quickly cooked and generally acceptable. You should not confine yourself to a single one of these cereals, but for the sake of variety should use several. They are among the most economical foods known.

Cereals, if cooked directly over the fire until soft, will stick and burn. For this reason a double boiler is needed for cooking them. The fireless cooker is still better. You will be told in most cook books

that cereals should be cooked many hours. The reason given is that raw starch is indigestible, and that the starch granules are enclosed in cellulose envelopes which must be burst by the heat. Who started these theories and why they have been universally accepted is a mystery, for neither has any foundation in fact. All grains have an outer hull composed of cellulose. In the case of wheat it is a thick hull; in other grains it is thinner. But the interior portion of grains contains so little cellulose that it is scarcely detectable by chemical analysis.

The reason that raw cereals are not acceptable is a matter of flavor, not of digestibility. Many people have cultivated a taste for raw cereals. Raw cornmeal and rice are rarely liked, because they are hard and granular. But raw rolled oats are not bad, and raw rolled wheat, rye and barley are quite palatable.

Because of the flat taste, such raw cereals are usually served with sugar and cream, or better still, with raisins, currants, chopped dates, etc. Chopped nut meats, or honey, may also be used to give the necessary flavor. Try some of these rolled cereals uncooked, using along with them any one of these dry fruits and honey.

Perhaps you can learn to like them. If so, you will have added some very economical and wholesome dishes to your food list. If you cannot accept the taste of raw cereals, and most of you will not, then cook them until they are palatable, but do not worry in either case about their digestibility.

UNCOOKED FRUIT CEREAL

Thoroughly mix together equal quantities of minced tart apples and dates, and pecans cut into small pieces. To half a cup of this mixture add the same amount of uncooked flaked cereal. Stir well and pour over it peanut or olive oil. Serve in a cereal bowl and sprinkle with ground pecans. If preferred this can be served with cream instead of oil.

CREAMED WHEAT WITH OLIVES

Soak the uncooked rolled wheat for two hours in milk enough to merely cover it. Put into a cereal bowl alternate layers of the flakes, and a mixture of minced olives and grated cheese, finishing with the flakes. Sprinkle with grated cheese and serve with cream.

UNCOOKED WHOLE WHEAT

Put the desired quantity of whole-wheat kernels in a deep vessel, and cover with warm water. Keep in a warm place till soft. Drain thoroughly, and serve in cereal bowl. Add a few raisins and any favorite kind of nut meats. Pour enough honey over it to sweeten, and serve with thick cream.

CEREAL WITH FRUIT CREAM

This fruit cream can be poured over any favorite cereal just before serving. Crush two very ripe

bananas to a liquid with a fork, stir in two large spoonfuls of ground nuts, three spoonfuls of mashed strawberries, six dates, finely chopped, and the stiffly beaten white of one egg. After beating all together thoroughly, bring to desired consistency by adding cream or milk. This can be made sweeter by the addition of more dates, or if a tart flavor is preferred, use a larger quantity of the crushed berries.

HOT HONEY AND RICE

Wash a cup of rice thoroughly. Drain and plunge into a quart of boiling water. Boil twenty minutes. Drain and mix with two heaping tablespoons of butter and three-quarters of a cup of strained honey. Serve with whipped cream.

CORNMEAL MUSH

The easiest way to make mush and have it free from lumps and well cooked is as follows: In the cooking part of a double boiler put four times as much water as you are to use of cornmeal, and set it directly over the fire. While the water is heating stir in your cornmeal. If it is put in while the water is still below the scalding temperature, it will not lump. Continue stirring as the meal swells up and until the mush begins to sputter. Then set the pot in the other boiler, and continue cooking for an hour or more. When the mush has finished cooking pour out into any greased vessel and let it cool. If you have no double boiler large

enough, you will want a long stirring spoon, for you will have to stir the mush while it cooks to keep it from burning. In that case you can cut the cooking time short; it is better to cook it longer, but it is palatable after a few minutes' cooking.

MUSH AND MILK

An old standby farm supper this, and where the cow gives the milk free, and the corn is raised and grown at home, it comes as near defeating the high cost of living as any dish ever invented. And —barring the tendency to discourage mastication— it is very wholesome, for the milk offsets the nutritive lack of the cornmeal. The mush can be served either warm or cold. The usual custom is to serve it warm with milk for supper, let the rest of the potful harden over night, and slice and fry and serve with syrup for breakfast.

FRIED MUSH

The warm mush is poured into any smooth flaring vessel, which may be greased slightly, and allowed to cool. It is then sliced and fried on a griddle. It may be served with butter, syrup, honey, gravy, or meat of any kind. It is good enough to eat without anything else.

EGG MUSH

When eggs are plentiful they may be added to the mush, and will improve the food value and

flavor. Use about two eggs to each pint of mush. Beat the eggs, and when the mush is about done cooking pour them in slowly, stirring rapidly so they will be well mixed.

CHEESE MUSH

Cheese may be used to enrich mush in a similar manner. Cut the cheese rather fine, and stir into the mush a few minutes before it is done cooking. Such mush will do nicely for frying, but the flavor is rather strong for eating with milk.

LYE HOMINY

This is a wonderful old-time dish that our pioneer fathers lived on before the days of "corn flakes." It is the cheapest food in the world—if we don't count fuel or labor—for, with corn at forty cents a bushel, a man could get enough to eat of this food at a cost of one cent a day. It has the distinction of being the only method by which dry whole corn—ordinary field corn—can be made into a palatable human food. It is prepared as follows: Pick out nice sound ears of corn and shell them. Put the grain into a large kettle, using not more than one-fourth as much dry corn as the capacity of the kettle. Fill with water and add a can of ordinary kitchen lye to every three gallons of water. Boil until the hull of the corn loosens and comes free from the grain. Now turn the corn into a large vessel and rinse several times with cold water. Stir and rub with your hands until all the

hulls are separated from the corn. These hulls will float and can be removed as you wash the corn. Put the hulled corn back on the stove, and boil again. Change the water several times, and soak in water over at least one night. By the time you get all the lye out the corn will be cooked. Making hominy was pretty much an all-day job, and its preparation in grandmother's day was an event like making soap or rendering lard. She prepared enough of it to last a while, usually in cold weather, so it could be frozen and so preserved. It was warmed up as needed, and served with milk, or fried in a skillet with butter. This lye hominy contains the rich nutty flavor and more valuable food elements of the germ, or heart, of the corn, which is not available as human food in any of the commercial cornmeals, grits, corn flakes, or hominy, now on the market.

"COLLEGE-EDUCATED" LYE HOMINY

Here is a modification of the old-time product that any of you who have studied chemistry will understand and enjoy preparing as a novelty. The ingredients, outside of the corn, you can get at a drug store. They are caustic soda, hydrochloric acid and litmus paper. Use the caustic soda in place of the lye, and boil the corn till the hulls loosen. Then pour off your water and rinse the corn. Now put in fresh water and again bring to a boil. Add hydrochloric acid, a little at a time, and continue boiling until the litmus paper, dipped in the water, shows purple, and neither bright red

nor bright blue. This is proof positive that neither acid nor alkali longer exists in the pot, but *only common salt,* as the taste will prove. Now continue boiling until the corn is soft, and change the water sufficiently to get out the excess of salt. Of course the hulls will be removed as in the old process. This method saves some of the soaking and washing to get rid of the excess alkali, and if you understand the chemistry of it, you will have no worry lest any of the alkali be left in the corn.

BARLEY CREAM WITH FRUIT

Soak the barley in lukewarm water until soft enough for use. Stir in thick sweet cream to make it the desired consistency. Then add mixed sweet apples, chopped dates and sliced bananas. Stir well together, and sprinkle with a thick layer of grated cocoanut.

RICE

The "brown," "natural," or "unpolished," rice is always preferable to the denatured, or polished. The methods of cooking are the same, except that the natural rice requires a little longer to cook.

THE CHINAMEN'S WAY

All the Oriental people—Chinese, Japanese and Hindoos—know how to cook rice, and they never make a porridge or mush of it. They cook it so that when the operation is completed the grains are separate and not mushed together. The first principle is to boil the rice hard, so that the violent

bubbling of the water will agitate the grains. The second is to have no surplus water at the end of the cooking, or if there is any to drain it off. Lastly the rice is kept hot for a further period, so that it will be dry enough to keep the grains from sticking together. The exact procedure will depend on the type of cooking vessel and of cooking heat employed. So if you do not succeed get Ah Sing, the laundryman, to show you. Your inability to perform this—the most elementary of human accomplishments to his mind—will amuse him greatly.

CHAPTER XIX

Milk, Cheese and Eggs

MILK and milk products, always recognized as superior foods, have been raised to the highest place in the bill of fare by the recent discoveries of science. And in making these discoveries, science has merely explained the observations of common sense. Milk should be a food par excellence, because it is made in Nature's laboratory for the purpose of providing the complete nutrition of a growing animal. The calf thrives on it and grows amazingly, without anything being added to it or taken from it. Man is not a calf, but he is more like a calf than he is like a potato sprout or a lion. The potato sprout lives on the potato, and the lion lives on meat. Man can eat either potatoes or meat, but he will not be so completely nourished as he will on milk.

Still man isn't a calf, and here is the difference. The calf's chief business is to grow. He grows even faster than a human youngster, and still more rapidly in comparison with the growth—that is, the replacement of worn-out cells—of the adult human. So cow's milk, made for calves, has a surplus of growing material. Most foods eaten by civilized man are deficient in this material. Plant foods lack growth protein, and meat lacks growth minerals. Both of them may be short of certain vitamins. Milk has a superabundance of all of these things, so essential to growth and to all the physiological processes. Hence milk is a protective or supplementary food. Added to the diet it

rounds out its deficiencies and makes it more safe and more efficient.

That is no reason why we should live exclusively on milk. Such a diet is useful as a restorative in certain run-down conditions and for limited periods. For normal healthy adults, however, a little milk is a good thing, but too much milk is too much of a good thing. A pint a day for adults and a quart a day for children should be the minimum. The maximum for adults can be much greater, especially when meat is cut down or eliminated.

Butterfat, whether you eat it in whole milk, or in cream or in butter, is Nature's most valuable fat. We formerly thought that this was just a notion, and that butter was just fat colored by the cow or the creameryman, and given a nice clover-blossom flavor. So we all paid more for butter than we did for lard or other cheaper fats, and felt wickedly extravagant when we used butter for cooking. Then science came along and experimented on rats and pigeons and guinea pigs—feeding them denatured diets till they were almost dead, and then giving them a little butter, whereupon they recovered and thrived amazingly.

The miraculous cures of those poor maltreated animals of the laboratories are testimonials to make the venders of patent medicines insane with envy—cures wrought with butter! Lard would not help a bit, nor would the vegetable oils, wholesome as they are in other respects. The butter performed the miracle because it contained the fat-soluble vitamin. Other food fats didn't contain it

in appreciable quantities, except egg yolks and cod-liver oil.

Where does the cow get her vitamins? Out of the green grass, and the more green grass she eats the yellower and richer in vitamins her butter-fat is. So our natural love for yellow butter is another case in which instinctive common sense finds a backing in science. Let butter, good butter, and not some artificial substitute, occupy as full a place in your diet as your purse permits.

But while the butter is valuable, there is no need to throw the skim-milk away. It is good for the pigs and chickens, but it is good for humans, too, and it can be used in cookery in a multitude of ways. It can also be made into cottage cheese.

The habit of judging of the "richness" and value of milk wholly by fat content is based on a misconception of the relative worth of the various ingredients of whole milk. The so-called richer milks have a little larger percentage of butterfat than others, but if butter and green vegetables be used in the diet as a source of the fat-soluble vitamin, there is no particular advantage in using such milks. The milk proteins and milk salts are found in the non-fat element, or skim-milk portion, and these are not so easily replaced as is the fat.

Cheese, regular store cheese, is one of the great food bargains at the price at which it commonly sells. It is worth more per pound than the fanciest meat, twice over, and yet it frequently sells for less.

Milk and cheese should not be cooked too much. Plan to use a goodly portion of both in your diet uncooked; and when they are cooked do not cook

them too long. It is a waste of good fuel, and tends to impair, rather than to increase, the digestibility and nutritive qualities of these wonderfully fine foods. There are exceptions, of course, as when they are used in baked dishes; but when it is practicable these elements should be introduced late in the cooking process. In making milk soups put the milk in last and leave it just long enough to get sufficiently hot. In preparing cheese dishes, melt the cheese by heating, mix it with the other ingredients, and avoid further cooking if possible.

Many people object to cheese because they find it constipating. It is if used in excess and with other fiber-free foods. But when combined with whole grains, fruits and vegetables, cheese in moderate quantities will not have any such effect.

MANUFACTURED FORMS OF MILK

The general principle that fresh foods are best may, if interpreted too strictly, shut out the use of many splendid forms of food.

Thus milk is unquestionably at its best when it is fresh, but fresh milk contains 87 per cent of water and this limits its use in cookery to watery dishes, or to those containing only a small quantity of it. The various processes by which part or all of the water is removed from milk greatly increase the range of dishes into which it can be introduced. In your own kitchen you can not take the water out of milk, except by excessive boiling, and this would lower its nutritive value and probably burn it. Therefore, in all recipes where the

large water content of the milk is objectionable, you will do well to use the more concentrated forms of prepared milk.

The most common of these are the so-called "evaporated" canned milks. The better brands are of high quality. Being prepared in dairy regions, they have probably suffered less deterioration than the average fresh milk as received in cities. Evaporated milk can be used freely in all cookery. It can be thinned with water to the bulk of about one quart of the thinned liquid to each pound can, and will then be of the same richness as fresh milk.

But more often evaporated milk can be used without thinning in the same quantities in which fresh milk is called for in the recipe, and the result will be a dish very rich in the nutrient elements of milk. There are but few recipes that will not be enriched in taste and in food value by such a use of evaporated milk. Evaporated milk can also be substituted in many recipes that call for cream, with results equal and sometimes superior to those given by cream.

Evaporated milk may be used to advantage in preparing cocoa, milk soups, custards and puddings, and in all forms of bakery products calling for milk. In any dishes in which sugar is required sweetened "condensed" milk may be used instead of the unsweetened "evaporated."

Salad dressings of fine rich quality can be made of one or the other of the above forms of milk, according to whether the dressing is to be sweetened or unsweetened. The canned milks will

not whip, but as far as nutritive values are concerned, they are equal to if not superior to pure cream.

The powdered milks may be used when one wishes to add milk solids to a dish without any water at all. Powdered skim-milk is quite a convenience for the making of dishes for a reducing diet, as very concentrated non-fattening nutrients are derived from it.

When dry milk is not available cottage cheese may be used; it is almost pure casein, with the accompanying salts and some water.

Milk and cheese recipes are not segregated here, as these foods are too generally used throughout the other groups of recipes.

EGGS

The high food value of eggs is universally recognized. The most confirmed meat-eater uses them along with his meat, thus getting a great excess of protein foods. All but the most extreme vegetarians use eggs, excusing their animal origin, as in the case of milk, by the fact that no animal is slaughtered to get the egg.

Scientific authorities not only approve of the use of eggs, but praise them highly, because, with milk, they hold a distinctive place as being a natural food substance prepared to nourish a young animal—for the egg is merely the food store for the chick germ to grow on. Like milk it is rich in vitamins and minerals as well as in the best of growth proteins. Eggs are not only a nearly per-

fect food, but they go a long way toward offsetting the deficiencies of less complete foods.

The egg is Nature's original sealed package, and all eggs are supposed to be of perfect quality when laid and thereafter to differ only in one element of excellence, that of freshness. This view is not strictly correct, for the eggshell is not germ-tight. Moreover eggs from hens which are diseased, or have been fed on filthy food, can actually become contaminated before being laid. Exposed to unclean conditions in the nest, and improperly handled on their way to market, eggs may quickly become contaminated and begin to decay. And decay, objectional in any kind of food, takes its most offensive form in the case of the egg. For aesthetic as well as for hygienic reasons, therefore, we want the very best eggs that may be had. The following facts may be of use to you in your egg-buying.

The big lay of eggs is in the spring months, and then prices drop. But beginning in the early summer and continuing till about Thanksgiving or Christmas, the egg price steadily rises. Hence the farmers and dealers are inclined to hold their fall eggs back, hoping to get more for them. By the time these eggs reach the city consumer they are barely fit to meet the requirements of the Pure Food Law. Such eggs, though legally "fresh," are actually inferior to the better grades of cold-storage eggs, put into storage in spring when the price is declining and eggs are being marketed promptly. Eggs gradually deteriorate in storage, so that after

Thanksgiving, and certainly after Christmas, they are of very poor quality.

The real fresh eggs produced by nearby poultry farms and sent to market daily are of course the best; but the price is sometimes excessive. So if you cannot afford them, you will do well to buy the best storage eggs from August till December. Through the rest of the year you had best buy fresh eggs.

White eggs are not better than brown eggs because they are white. The color of the shell makes no difference, but white eggs are usually produced by poultry farmers, most of whom keep Leghorn hens, and they are likely therefore to be of better quality than brown eggs from the general farm.

Eggs are equally wholesome whether cooked or uncooked, and almost all methods of cooking are good. Eggs should be used in moderate quantities, but not in excess. They should not be used with meat, but rather in place of it, as they contain a high percentage of animal protein. Eggs are about twice as nutritious as milk, pound for pound, but are usually more than twice as expensive. They may replace part of the milk in the diet, but should never replace all of it, particularly for growing children.

SCRAMBLED EGGS

Butter a skillet and put in eggs, not beaten; stir as they cook. A little water may be added to scrambled eggs, as is always done in making omelets. The addition of water makes them go further, and many people prefer the less concentrated taste.

SCRAMBLED EGGS WITH MILK

Butter the skillet and pour in milk, one cup for each four eggs. Just before the milk comes to a boil, pour the eggs, unbeaten, into the milk, and stir.

SCRAMBLED EGGS WITH CHEESE

¼ pound grated cheese ½ cup evaporated milk
6 eggs

Stir the ingredients together, but do not beat the eggs. Place in a buttered skillet, and cook over a slow fire, stirring constantly, so that the cheese is melted by the time the eggs are cooked.

TO CODDLE EGGS

Eggs cook at a temperature below the boiling point, 180 degrees Fahrenheit being sufficient. An egg placed for a short time in boiling water does not cook through, because the heat does not have time to penetrate; but if the water is kept at a temperature of about 180 for a longer period it will be cooked more uniformly throughout, and no part of it will be hard. This method is called "coddling," and a double boiler meets the required conditions. They may be approximated by bringing a considerable quantity of water to a boil and then removing from the fire. A little experience will teach you how to get the desired result of having all the egg cooked to a jelly without having any part of it hard.

EGGS POACHED IN MILK

This is a delightful food combination and a superior way of cooking eggs. Heat the milk in a saucepan quickly until it comes just to the boiling point, then turn down the fire, or place an asbestos mat under the pan to keep the milk hot without burning. Break the eggs into a cup one at a time, and pour carefully into the milk. Cook until they are done enough to suit your taste. Butter may be added, or you may serve on buttered toast. Use only the best eggs.

EGGS ON CELERY TOAST

Cut the outer stalks of celery into short lengths, and cook in salted water until tender. Press through a sieve and add white sauce. This pulp should be creamy, but not too soft. Heat again, then spread thickly on buttered toast. On each slice of toast place a spoonful of scrambled egg.

EGGS WITH BAKED POTATOES

Bake as many potatoes as there are persons to serve. When they are done cut a slice from the side of each, scoop out a portion of the potato and mash, adding hot milk and butter. Break one egg into each potato. Arrange the mashed potato around the egg, leaving the yolk slightly exposed. Then put the potatoes in a baking-pan in the oven until the eggs are set. Serve plain, or with white sauce.

EGGS IN POTATO RAMEKINS

1½ cups mashed potatoes
⅓ cup bread-crumbs
⅓ cup milk
5 eggs

Heat the milk, add to the potato, and whip until light. Fill well-greased ramekins about two-thirds full. Break in egg on top. Cover with bread-crumbs and dot with butter. Place in a pan of hot water and bake until the eggs are set.

CREAMED PEPPERS WITH EGGS

Stew the peppers in a little water until soft. Make a cream or white sauce dressing of milk and flour. Stir into peppers and add hard-boiled eggs cut in halves.

EGGS WITH RICE

1 cup rice
2 tablespoons butter
6 eggs
1 cup milk, or water
2 tablespoons flour

Wash the rice, boil until tender, drain and dry. Arrange this in a mound in the center of a platter. Poach the eggs and place them carefully over the rice. Make a sauce of the butter, flour and milk. Season to taste and pour it over the eggs and rice. Serve at once.

EGGS WITH SPINACH

2 quarts spinach
5 eggs
1 tablespoon grated cheese
1 tablespoon butter

Wash the spinach carefully, and cook in the double boiler until tender, with very little water. Chop

and mix with the butter, and place in a buttered baking-dish. Make five depressions in the spinach and break an egg in each. Sprinkle with the grated cheese, and place in the oven until the eggs are set.

BAKED EGGS WITH CHEESE

5 hard-boiled eggs
4 tablespoons grated cheese
2 tablespoons butter
2 tablespoons flour
1 cup milk

Remove the shells from the eggs and cut into slices, crosswise. Arrange them in a shallow baking-dish. Make a sauce of the butter, flour and milk, stirring constantly. When thick, add the cheese. Pour this over the eggs; sprinkle bread-crumbs over the top, and dot with butter. Bake in a moderately hot oven until brown.

EGGS WITH TOMATOES AND RICE

2 tablespoons butter
1 green pepper
4 tomatoes
1 good-sized onion
5 eggs, hard-boiled
1 cup rice

Wash and boil the rice. Fry the chopped onion and pepper in the butter until they are soft, not brown. Then add the tomatoes, peeled and seeded. Cook fifteen minutes, then season. Remove the shells from the eggs, cut into slices and arrange in a serving-dish. Pour the sauce over them, and place the rice at the ends or sides.

EGGS WITH PIMENTOS

1 can pimentos
5 eggs
2 tablespoons flour
1 cup milk
2 tablespoons butter
5 rounds of toast

Trim the tops of the pimentos to make them even. Put these inside of custard cups. Break into each one egg; set them in a pan of boiling water, and bake until the eggs are set. Allow one round of toast for each cup. Make a sauce of the butter, flour and milk. Pour this over the bottom of a heated platter. Loosen the pimentos from the edges of the cups, put a round of toast over the cup, and turn out the contents. Set the toast upon which you have turned the egg in the cream sauce. Garnish with chopped parsley and serve at once.

EGGS À LA GOLDENROD

5 hard-boiled eggs
2 tablespoons butter
5 slices toast
1 cup milk
2 tablespoons flour

Remove the shells from the eggs, and separate the whites and yolks. Put the yolks through a ricer, and chop the whites fine. Make a sauce of the butter, flour and milk, boiling thoroughly. Add the egg whites. Arrange the toast on a hot platter, pour the sauce over it, and dust the top with the yolks.

TOMATOES WITH EGGS

Put a layer of bread-crumbs in a buttered baking-dish, then add a layer of sliced tomatoes, and repeat until the dish is full, having a layer of bread-crumbs on top. Dot butter over the top and moisten with a little stock. Bake in a hot oven. When nearly done, break five eggs carefully over the top, and replace in the oven until the eggs are set.

EGGS POACHED IN RICE CASES

Boil one cup of rice until tender, drain and season with nutmeg. Spread it evenly on a flat dish so that it is about half an inch thick. Cut it with a round cutter; press the top of each with a spoon so as to make it slightly hollow. Brush the rice with beaten egg, then cover with bread-crumbs and fry in hot fat. Poach one egg for each round of rice. Trim them neatly, and serve on the rounds of rice. Tomato sauce may be poured over the whole.

STUFFED EGGS WITH MUSHROOM SAUCE

5 eggs, hard-boiled
½ can mushrooms
2 tablespoons chopped parsley
1 small onion
2 tablespoons butter
2 tablespoons flour
1 cup water
½ cup cream

Fry the chopped onion in the butter until soft; then add the chopped mushrooms. Mix in the flour, and finally the water. Season, and add the parsley. Cut the eggs in halves, and remove the yolks carefully. Mash the yolks until they are free from lumps, and add the cream. Mix thoroughly, and fill the whites of the eggs with this mixture. Arrange in a baking-dish. Pour the sauce over them, and reheat in the oven for about five minutes.

EGGS AND ONION SOUFFLE

2 good-sized onions
2 tablespoons butter
1 cup milk
4 eggs
2 tablespoons of flour

Separate the whites and yolks of the eggs. Slice the onions, and fry in the butter until they are soft. Then add the flour, mix, and add the milk. Stir until thick. Beat the yolks until creamy, and add to the white sauce. Fold in the white, beaten very stiff. Bake in a hot oven about fifteen minutes. Serve at once.

POACHED EGGS ON FRIED TOMATOES

Cut solid tomatoes into slices a quarter of an inch thick; dip in beaten egg, then in bread-crumbs. Fry in a little hot fat, browning on each side. Poach the eggs, one for each slice of tomato. Put the tomatoes on a platter, and place the eggs on them.

EGGS BAKED IN TOMATO CUPS

5 tomatoes
5 eggs
2 tablespoons butter
1 cup milk
5 slices toast
2 tablespoons flour

Cut slices from the blossom end of the tomatoes, scoop out the seeds, and put them in a baking-pan in the oven until they are hot and soft. Break into each one egg, and return to the oven until the eggs are set. Arrange the toast on a platter and place a tomato on each slice. Pour over the toast a sauce made of the butter, flour and milk; season, and put a little butter on top of each egg.

OMELETS

Omelet is cooked egg to which about an equal volume of water has been added and whipped in

before the cooking process begins. The omelet is cooked in a skillet, or on a griddle, which is greased or buttered; but it should not be fried in a surplus of fat. Milk or other food liquid may be used to dilute the egg substance instead of water. Numerous solid foods may be combined with the plain omelet, either by folding into it after it is partly cooked, or by mixing in before cooking. Thus a variety of pleasing effects may be obtained.

HOW TO COOK AN OMELET

The omelet, when the egg is whipped with the water or other liquid, should be a light and airy substance, very different from either plain fried egg or scrambled egg. The trick in its cookery is to avoid this very scrambled effect. The omelet must be cooked through without being stirred, and yet without burning. This requires, for best results, a thick iron frying-pan or griddle rather than a thin skillet, especially when cooking over a flame. Even at best it is difficult to turn the omelet without breaking it. By adopting the following method of cookery the necessity for turning may be avoided.

Heat two cast-iron frying-pans. One, which is buttered, is heated to the usual frying temperature. Leave the other dry and clean, and heat it much hotter. Now pour your omelet into the buttered pan, place the hotter pan over it, and turn out both burners. In five minutes your omelet will be cooked on both sides, without turning, and may be inverted upon the serving-platter.

Similar results can be secured in an oven. Both methods require a little skill in judging temperatures, which is quickly gained. After all, every good cook should be a judge of temperatures.

CHEESE OMELET

5 eggs
3 tablespoons milk
2 tablespoons grated cheese

Beat the eggs, without separating, until well mixed; add the cheese and milk. Cook as a plain omelet. Serve on a hot platter.

SARDINE OMELET

5 eggs
4 sardines

Beat the eggs and add half a cup of water, with the sardines, skinned, boned and broken into small pieces. Melt some butter in the omelet pan, and when hot pour in the omelet. Fold, and serve on a hot platter garnished with cress.

CORN OMELET

Prepare the plain omelet. Have ready some corn heated in white sauce and just before serving spread the inner portion of the omelet with the mixture. Fold, and serve on a hot platter.

OMELET WITH MUSHROOMS

1 green pepper
2 small onions
2 tablespoons butter
5 mushrooms
5 eggs
5 tablespoons water

Chop the onions, mushrooms and pepper, and cook slowly with the butter in a covered saucepan for twenty minutes. Mix with a plain omelet made of the eggs and water. Turn this out on a heated platter, and serve with mushroom sauce.

RIPE OLIVE OMELET

1 small bottle ripe olives
Whites of two eggs
5 eggs
3 tablespoons cream

Drain and seed the olives; add to them the whites of two cold, hard-boiled eggs diced. Beat the other eggs, add the cream, and turn into the olive mixture, which has been slightly warmed. Cook and fold the omelet as usual, and turn out on a hot dish.

JELLY OMELET

Spread three tablespoons of jelly or jam on the center of a plain omelet, fold over, sprinkle with powdered sugar, and serve hot.

PINEAPPLE OMELET

5 eggs
3 tablespoons milk
¾ cup shredded pineapple

Separate the eggs and beat very light; add the milk. Put into the hot buttered omelet pan. When it begins to thicken, set it on the grate of the oven to set. Remove and add the pineapple, which has been sweetened. Fold the omelet, and serve on a hot plate.

BANANA OMELET

To five eggs add a quarter of a cup of cream. Beat with a fork two minutes. Fry two peeled and sliced bananas in melted butter for five minutes, and then turn in the eggs. Beat them for two minutes, then let them set and brown; fold up the sides and turn onto a hot dish.

CHAPTER XX

Soups

SOUPS are inexpensive and tasty, most of them are wholesome, and many are easily made.

Consommés, or clear soups, have very little nutrition in them except the salts and soluble extractives of the foods from which they are made. Milk soups have, in addition, the nutritive elements of the milk, and this is a very good way in which to eat milk, for milk should be eaten, and not drunk like water. The thickened soups have but little additional food value, the small amount of starch or flour used for the thickening being of little consequence from a nutritive standpoint. A soup made with milk without thickening is much more nutritious than one thickened but without milk.

All soups properly made and properly eaten are wholesome, but I think the preference should be given to the moderately thin soups and especially the milk soups. The heavier soups and stews have the objection that one is thus encouraged to eat without mastication food materials which ought to be masticated. This objection can be offset by eating them with deliberate slowness.

One may eat a bit of firm bread, or hard cracker, with soup, or it may be served with croutons. Eating too much bread with soup is not advisable. The custom of breaking bread into or soaking crackers in the soup is not only considered bad manners, but is not the best way to eat starch-bearing foods.

The meat, vegetables, or cereals, used in soups

should be cooked thoroughly, and the vegetables should be cut into small pieces, the object being to extract as much as possible of the flavor and nutrition, exactly the opposite of the effect desired when these foods are cooked and served in solid form.

The solid ingredients should be simmered slowly in a little water for as long a time as may be necessary. The milk, if milk is used, should not be cooked, as a rule, but should be added just before the soup is to be served, and brought to a boil only. If it must be cooked for any time, it should be in a double boiler.

Most soups can be either served without thickening, or be thickened with a little starch or flour. The quantity of this ingredient used is relatively small, as you will soon find if you add too much; hence the question of the denaturing of flour so used is not so important as in the making of bread, or even pastry. However, if you wish, you can certainly use whole-wheat flour in thickening any soup.

CONVENIENT VEGETABLE EXTRACTS

There are now on the market a number of vegetable extracts which may be used in making soups and stews, and in other forms of cookery. These extracts are used the same way in cooking as beef extracts, or bouillon cubes. Meat extracts are about as worthless a food as one could find. They have a certain flavor, or appetizing quality, which has led to the belief that they are nutritious; but the solubles that may be withdrawn from meat

include most objectionable elements, and have little food value.

Vegetable extracts, on the contrary, have, if properly made, this same appetizing quality, and, in addition, some really valuable food salts. Their chief advantage, however, is that they provide an easy way of securing a flavor which can only be obtained by a combination of many vegetables.

MILK SOUPS—GENERAL RECIPE

The term "creamed soups" is used confusingly; it may apply to soups containing actual cream, or to milk soups thickened with a bit of flour or starch. The preferred forms of milk or cream soups are those that are not thickened with any starch, but are made quite rich with milk. This cannot be easily done if fresh milk is used. Milk burns easily, and its value is also impaired by cooking. It is, therefore, best to use water as the liquid for the cooking of the vegetables used as a basis for the soup. If to this water fresh liquid milk is added, the soup is too thin to be palatable. Hence the custom of thickening with flour.

Much the better way is to cook the vegetables in water, and then, just before taking off the stove, add evaporated milk and just bring to a boil. If equal quantities of the cooking water and the evaporated milk are used, the soup will be as rich in milk elements as whole milk. Milk soups can be made still richer by boiling down the water and putting in a larger proportion of canned milk, while, of course, they may be made thinner by adding more water.

FRUIT SOUPS

Conventional usage has it that soups are to be made with the watery extracts of meats or vegetables as a basis. Furthermore we are led to believe that they must come first on the bill of fare, and be eaten from a certain kind of a plate or bowl, and with a certain kind of a spoon.

Now there is no reason whatsoever why the juices of fruits should not be eaten in a similar manner, and served, if you wish, to introduce the meal.

Fruit juices, straight or in combination, are all extremely palatable. To seem to give a little more substance, they can be thickened with a little starch or flour, and grated nuts may be added. For illustration:

BLACKBERRY SOUP

1 pint blackberry juice 1 pint water
2 tablespoons cornstarch

Heat juice, thicken with cornstarch, and sugar to taste.

TAPIOCA FRUIT SOUP

½ cup tapioca 1 cup pineapple juice
1 pint strawberry juice ½ cup sugar

Cook tapioca in double boiler. Add fruit juices and sugar, just bring to a boil, and serve hot—or chill and serve as a cold dish.

NUT-BUTTER FRUIT SOUP

½ cup chopped dates
½ cup almond or peanut butter

Work up the nut butter with water until it forms a cream that will dissolve readily. Cook with dates in double boiler for an hour or more. Thin with water to suit taste.

GRAPE JUICE SOUP

1 pint water
1 cup grape juice
½ cup raisins or currants
2 tablespoons sliced citron

Run solid ingredients through a chopper, and then stew in the water. Add grape juice and serve.

FRUIT CREAM SOUP

Use any mixture of sweet non-acid fruits. Chop and stew, or cook till quite soft. Then add a liberal quantity of rich milk or thin cream.

APPLE NUT SOUP

2 cups grated apple pulp
½ cup finely chopped nuts
1 teaspoon cinnamon or nutmeg
¼ cup honey

Beat the apple pulp, nut meats and spices, and add hot water and honey. This may be served without further cooking.

CREAM OF PEANUT SOUP

1 quart milk
1 onion finely chopped
½ cup celery
1 cup peanut butter

Cook all together in double boiler until smooth. Serve hot with toasted croutons. Unsweetened pop corn makes a delightful change if used instead of croutons.

CREAM OF ASPARAGUS SOUP

1 bunch or can asparagus
Juice of small onion
1 pint milk
½ cup cream
2½ tablespoons flour
2 tablespoons butter

Wash the asparagus, cut off the tender tips and boil separately until done; then skim out and set aside. Cut the rest into pieces, and boil until very tender in the water in which the tips were cooked. Season with a little pepper and onion juice. Mash through a sieve. Add the hot milk and cream. Thicken with the butter and flour rubbed together, and add the asparagus tips. Season to taste.

TOMATO RICE SOUP

½ cup rice
3 ounces onions
1½ cups tomatoes
2 cups milk
1 stalk celery

Boil rice in double boiler till soft. Cook tomatoes for twenty minutes with half a cup of water and the onion and celery cut fine. Strain and add to rice; if too thick add boiling water. Boil for fifteen minutes. Add a pinch of soda, stirring quickly; then add the milk and serve. Do not boil after mixing the milk with the tomatoes. The addition of soda prevents the curdling of the milk by the tomato acid, but soda tends to destroy the vitamin.

CELERY SOUP

1 cup celery tops
4 tablespoons flour
1 small onion
1 pint milk
1 tablespoon butter

After celery is cut up bring to boil with one and a half pints of water. When it boils add the onion, finely chopped. When the celery is very soft add the pint of milk, with the flour slightly browned in butter. Serve with croutons or toast.

CHEESE SOUP

3 cups milk
1½ tablespoons flour
¼ pound American cheese (grated)

Thicken the milk with the flour, cooking thoroughly and stirring constantly to keep the mixture smooth. When ready to serve add the cheese and seasoning, and beat until smooth.

POTATO CHEESE SOUP

1 cup finely chopped potatoes
1 small onion
3 tablespoons butter
1 pint boiling water
1 pint milk
¼ pound American cheese

When the potatoes and onion are boiled add the other ingredients, and beat together with egg-beater.

SPINACH SOUP

1 quart milk
2 tablespoons flour
1 cup cream
1½ quarts spinach
1 tablespoon butter

Celery Soup. Page 178.

Tomato Soup and Unsweetened Popcorn.

Beets Stuffed with Peas. Page 189.

Baked Onions with Peas. Page 198.

Thicken the milk with the flour, and add the hot cream. Add the spinach, carefully washed, cooked and chopped fine. Then add the butter, and serve hot without further cooking.

MUSHROOM SOUP

½ pound mushrooms, or
1 can button mushrooms
1 onion, chopped fine
2 tablespoons flour
1 cup cream
1 quart water

Drain the mushrooms and cut in half. Fry in butter and season with pepper. Add these to the juice of the onion, and stir into the quart of water. Thicken slightly with the flour mixed with water until smooth. Let boil until the right consistency; then add the cream.

NAVY BEAN SOUP

1 cup navy beans
2 quarts water
1 cup cream
1 small onion
1 ounce butter

Soak the beans overnight in water. Add sliced onion and butter, and let simmer three or four hours. Rub through sieve, add the cream, reheat and serve. Slices of hard-cooked egg make a nutritious addition to the soup.

PARSNIP PURÉE

5 parsnips
1 cup milk
1 tablespoon cornstarch
1 cup cream
2 tablespoons butter
1 teaspoon sugar

Boil the parsnips until tender; then put through a purée sieve. Add the milk, in which the cornstarch has been dissolved, then the butter and sugar. Cook until slightly thickened; add the hot cream and serve.

DANDELION PUREE

2 quarts dandelion leaves
Juice of an onion
1 pint cream
1 tablespoon flour
1 tablespoon butter
1 teaspoon sugar
1 hard-boiled egg

Wash the fresh dandelion leaves carefully; chop, and boil them twenty minutes in a small amount of water. When done add the juice of the onion, sugar and cream. Thicken with the flour and butter rubbed together. Put all through a purée seive, and put in double boiler to reheat, adding the finely diced hard-boiled egg.

PURÉE OF LIMA BEANS

¾ pound lima beans
1 onion
2 stalks celery
3 tablespoons butter
2 tablespoons flour
1 pint cream
A little chopped parsley

Soak the beans overnight with the onion, parsley and celery. In the morning put over the fire in three pints of water, and cook till water has been boiled down one-half; then put through a sieve. Mix a white sauce of the butter, flour and cream, then pour into the bean puree and season to taste. Stir till all is smooth and hot.

CUCUMBER PURÉE

1 large ripe cucumber
1 head lettuce
1 onion
1 pint cream
1 stalk celery
1 clove
2 slices lemon
2 tablespoons butter
2 tablespoons flour

Pare the cucumber, remove the seeds, and cut into slices. Wash and cut up the lettuce, and place with the cucumber in a quart of water. Add the onion, celery, clove and lemon. Boil until the cucumber is very tender. Then rub through sieve. Heat and add the cream, and thicken with the butter and flour rubbed together until smooth.

PURÉE OF CABBAGE AND POTATOES

2 cups boiled cabbage, finely minced
1 pound potatoes
2 tablespoons butter
1 cup milk
A little pepper

Peel the potatoes, and put in stew-pan with enough boiling water to cover. Cook thirty minutes and mash fine. Beat in the milk, butter, seasoning and minced cabbage. Then cook five minutes.

VEGETABLE SOUP

1 cup navy bean pulp
1 cup corn pulp
½ cup mashed potato
½ cup strained tomatoes
1 small onion
1 ounce butter

Heat together, and add enough milk to make it the consistency desired. Celery may be used instead of onion and oil instead of butter.

BARLEY VEGETABLE SOUP

½ cup barley
3 ounces onion
½ cup grated carrots
1 stalk celery
3 tablespoons oatmeal
3 tablespoons oil

Boil barley with onions, cut fine, for one hour. Then add oatmeal, carrots and chopped celery. Cook one hour longer. Then add oil and seasoning and boil five minutes more. Add enough water to make one quart when finished.

PEA SOUP

1 cup yellow split peas
1 large onion
1 cup cream

Wash the peas carefully, and cook in two and one-half quarts of water. Add the sliced onion, cover and cook slowly for four hours, stirring occasionally. If the soup boils too thick, add a little more water. Add a cup of hot cream just before serving.

POTATO CHOWDER

4 potatoes
1 onion
Parsley
1 tablespoon butter
1 tablespoon flour
1½ cups milk

Dice the onion and fry to a delicate brown. Into the chowder kettle put a layer of diced potatoes, then a layer of onions and chopped parsley. Repeat in layers until all the materials are used. Pour over two cups of water. Cover, and simmer twenty minutes. Mix the butter and flour, and add to the hot milk. When thick stir the milk into the chowder.

CREAM POTATO SOUP

8 potatoes
2 onions
2 to 3 ounces butter
1½ to 2 pints milk

Peel the potatoes and onions, and cook in just enough water so that it may all be boiled off. Mash thoroughly, adding butter. Stir thoroughly with heavy spoon and gradually add the boiling milk. Salt to taste.

CORN CHOWDER

¼ cup barley
1 cup chopped potatoes
½ cup chopped carrots
1 onion
2 cups milk
3 tablespoons oil
1 cup corn (fresh or canned)

Boil barley with onions, chopped fine, in one quart of water. Then add the potatoes and carrots, and cook for half an hour. Add the oil, corn and seasoning, and cook ten minutes. Just before serving add the milk. Bring to a boil and serve.

PARSNIP CHOWDER

½ pound parsnips
½ pound potatoes
¼ pound carrots
2 ounces onion
1 pint milk
2 tablespoons butter
1 teaspoon minced parsley

Cut the vegetables into cubes, and cook together with the butter for five minutes. Add four cups boiling water, and cook till vegetables are tender. Now add the milk and parsley, let come to a boil, and serve with crackers.

CHAPTER XXI

Vegetables

THE old slipshod method of boiling vegetables in a great quantity of water, and then fishing them out and discarding the water, is no longer considered good cookery.

Not only is much flavor lost in this fashion, so that the vegetables are served in a tasteless, washed-out condition, but we now know that much of the most valuable nutriment is also lost. The loss is greater if the vegetables are cut up before boiling.

There are, however, a few exceptions to the rule against boiling vegetables in water which is to be discarded. Potatoes, sweet potatoes and beets may be boiled in their skins, and when they are done the thin outer coverings can be removed without much loss of the nutritious substances underneath. The most careful guarding of these substances would require that the vegetables be boiled only to the point necessary for the removal of the skin, and that the cooking be finished in some other manner; but this is not very practical, and the loss by the former method is not sufficient to be serious.

Another exception I would make is that of kale, dandelion and certain other strong-flavored greens. Here the soluble extracts are sometimes so strong as to be unpalatable. In this case it is best to discard the cooking water. It is true that valuable salts are lost in this way, but the greens are so rich in these elements that they can stand the loss.

One would prefer, naturally, to use the tenderer, milder varieties of greens which are palatable without such discarding of the liquor, but these cannot always be obtained.

The methods of cooking vegetables in which there is little or no loss of nutrients are as follows:

Baking. An excellent way of cooking such vegetables as are at all adapted to it, as there is no loss of substance and the flavors, too, are agreeably retained. Potatoes, squash, parsnips and bananas (essentially vegetables in their composition) are best adapted to baking. Ears of corn, when rather mature, may be baked or roasted.

Baking in casserole. Almost any kind of vegetable can be cooked in this way with very satisfactory results. The effect is that of boiling in the natural juices, sometimes with a little added liquid. The even heat of the oven all around the container cooks the food without the burning on the bottom which would be almost inevitable in any attempt to boil it, with the same quantity of liquid, on the top of the stove, where only the bottom of the dish is heated. Nothing is lost and the maximum flavor is retained. This method of cooking vegetables is too little known and used.

Steaming. This method of cooking retains most of the soluble nutrients, but in some cases the volatile flavors are lost. Steamed foods are always nutritious and wholesome, but may be a little flat in flavor Roasting ears of corn are much better when steamed than when boiled in water.

Steam-pressure cooking. This method requires the special pressure cooker. It is superior to open

boiling both in cooking more quickly and in retaining volatile flavors. The only objection to it is the cost of the apparatus, for it has been proven to be no more destructive to vitamins than boiling and, in some cases, even less so. The temperature is higher, but it is not continued so long and there is less exposure of the food to the influence of oxygen.

The double boiler. This method is similar to steam cooking, but in this case the food can be cooked in a small quantity of liquid, which is to be retained, without any danger of sticking or burning and the consequent ruin, not only of the juices, but of the solid part as well. Not all vegetables will cook quickly enough in a double boiler, but this difficulty may be largely overcome by bringing the food to the boiling point on the stove while the lower pot of the double boiler is being heated, and then finishing the operation in the upper pot. The double boiler with brine instead of water in the lower boiler fully overcomes the difficulty, as I have elsewhere explained.

Boiling and using the juices. With peas, corn cut from the cob and tomatoes, the cooking water or juices are always served. But in the case of string beans, carrots, turnips, cabbage, beets, etc., this liquid is frequently discarded. In practically all cases it should be retained and used in some fashion. In the case of vegetables which have plenty of surplus flavor, the boiling liquor may be used separately as the base of soups. If this is to be done, use enough water so when the cooking

is finished there will be just the right amount of liquid to make the soup.

Fruit juices are almost always served without any addition whatever except the sugar used to sweeten the fruit, and vegetable juices may also be served plain when they are found palatable. In other cases a simple sauce may be made from them by adding butter, milk or cream, starch or flour, or any combination of these.

Some experience in cooking is necessary in order that one may know just how much water to use so that the juice or sauce will be of such a strength as to be pleasing to the palate.

In whatever way the juices are to be utilized, one should be careful not to use too much water. Rarely, if ever, in the case of fresh vegetables, is it necessary to entirely cover them. Cook in a closed vessel and let the steam do most of the cooking. Boiling hard is a meaningless operation; boil just hard enough so that a little steam escapes.

Frying. Many vegetables that cook quickly, such as onions or cabbage, may be boiled and steamed in a skillet with the lid on. Use only enough water to cook them, and as this boils down add a little oil or butter and stir a bit. This is not really frying, for the vegetable is cooked in water and its own juices, and just enough fat is added to prevent sticking as the juice boils down. So prepared nothing is lost, and the slight frying and browning at the end of the process gives a different flavor from that of the plain boiled vegetable. The objection to fried foods from the health standpoint is in the coating of starchy products with large quantities of grease.

SCALLOPED ASPARAGUS

1 bunch asparagus
2 tablespoons butter
2 tablespoons flour
2 cups milk
1 cup bread-crumbs
4 eggs, hard-boiled

Cut the asparagus into inch lengths, and soak in cold water half an hour; then boil for thirty minutes. Make a sauce of the butter, flour and milk, chop the eggs fine, and add them to the sauce. Put a layer of asparagus in a buttered baking-dish, then a layer of sauce, then bread-crumbs and so on, until all the ingredients are used, having bread-crumbs on top. Bake in a moderately hot oven until a golden brown.

ASPARAGUS IN A BREAD BOAT

1 bunch asparagus
2 cups milk
1 tablespoon butter
Yolks of 6 eggs
Stale bread

Wash the asparagus, and soak in cold water for half an hour; cut into inch lengths, using only the tender portions. Boil for thirty minutes in salted water and drain. Cut the bread boat-shape for individual servings; make a hollow in the center large enough to hold the asparagus. Brush the bread all over with melted butter, and put in a hot oven to brown. Put the milk in a double boiler, and when hot add the yolks of the eggs, beaten until creamy and thinned with some of the hot milk. When the mixture is thick enough to coat a knife blade, remove from the fire and add the butter. Put the asparagus into the boats, and pour the sauce over it.

ASPARAGUS AND EGGS ON TOAST

Butter the toast and lay on a hot platter. Beat four eggs well and put them into a saucepan with three tablespoons of butter. When they have set, fold them and lay them on the toast. Have some tender asparagus tips boiled, drain them and lay them on the eggs. Pour a little hot butter over them.

BEETS STUFFED WITH PEAS

Wash and boil good-sized new beets until about half done. Slip off the skins and cut a slice from the root end so they will stand. Cut a thick slice from the other end, and dig out the center of the beet, leaving a wall half an inch thick. Put them in a baking-pan in a little water, and bake until tender. Place the beets on a hot platter, and fill the centers with nicely seasoned cooked green peas. Serve hot.

GERMAN SOUR CABBAGE

2 quarts chopped cabbage
2 tablespoons butter
½ cup vinegar

Soak the cabbage in cold water for an hour; drain, and boil in salted water for twenty minutes, uncovered. Drain, and return to the kettle. Add the vinegar, and boil gently five minutes; then add the butter.

STUFFED CABBAGE

1 head cabbage
1 cup boiled rice
1 cup chopped nuts
1 tablespoon chopped parsley
3 hard-boiled eggs

Select a very soft and loose head of cabbage. Soak it in cold water for one hour; then boil gently for fifteen minutes. Drain, and open the head to the center without breaking the leaves. Mix the other ingredients, and put a spoonful in the center of the head. Fold over the leaves, and put in a thin layer of the mixture; fold over the next leaves, and so on until there is a thin layer of the stuffing next to each set of leaves. Tie the head in a piece of cheese-cloth, and boil in salted water for one hour, uncovered. Drain, and serve with a white sauce.

CABBAGE WITH A SOUR SAUCE

1 small head cabbage
2 tablespoons sugar
4 tablespoons oil
1 egg
4 tablespoons vinegar
1 cup thick cream

Cut the cabbage into eighths, then soak in cold water. Boil in salted water for twenty minutes. Beat the egg until it is light, and add it to the cream. Put the oil and vinegar in a saucepan, mix, and add the sugar. Stir constantly over the fire until it reaches the boiling point, then stir it into the egg and cream. Put all in the saucepan. Add the drained cabbage, and heat over the fire until it reaches the boiling point. Serve at once.

SIMMERED CABBAGE

1 cabbage
4 tablespoons olive oil
4 tablespoons vinegar
1 onion
1 green pepper

Cut the cabbage into halves and soak in cold water. Place the flat side on the table and cut the cabbage into half-inch slices. Put the oil in a saucepan; when hot add the cabbage. Cook slightly, then turn and cook the other side. Add the pepper and onion, chopped fine, and the vinegar. Cover the pan and draw it to the back part of the stove where it will simmer for an hour.

CABBAGE, DUTCH FASHION

1 head cabbage
1 large onion, chopped
2 tablespoons butter
½ cup cream or milk
2 large tart apples

Shred the cabbage fine; boil in salted water, uncovered, for five minutes, and drain. Put the butter and onion in a saucepan, and cook slightly; then add the cabbage and sliced apples. Cook gently on the back of the stove, stirring occasionally; add the cream or milk, and serve in a heated vegetable-dish.

SCALLOPED CABBAGE

Cut a small hard head of cabbage into halves; remove the core and harder parts and chop it quite fine. Boil for thirty minutes, uncovered. Turn it into a baking-dish; cover with white sauce, and put buttered bread-crumbs over the top. Bake in a hot oven twenty minutes.

BROWNED CABBAGE

2 pounds cabbage
3 tablespoons cooking fat
½ cup sugar

Put fat and sugar into a frying-pan, and stir until it becomes light brown in color. Pour this over the cabbage, and add water and salt; boil slowly for about two hours.

CABBAGE WITH CHEESE

2 pounds cabbage
2 tablespoons flour
1 cup milk
2 tablespoons cooking fat
1 cup grated cheese

Wash the cabbage, cut into eighths, and cook till tender. Then place in a baking-dish. Make a white sauce of the flour, fat and milk, add seasoning, and on removing from fire the cheese. As soon as the cheese has melted, pour this sauce over the cabbage, and bake forty minutes.

CREAMED CARROTS AND PEAS

1 cup cooked carrots
1 cup white sauce
1 cup young peas

Heat the diced carrots and peas in the white sauce. Place in a hot dish, and scatter a little parsley over it.

BUTTERED CARROTS AND PEAS

1 cup cooked peas
1 cup diced carrots
2 tablespoons butter

Cook the carrots in water until tender, drain, add the peas, and season with butter. Heat well and serve.

GLACÉD CARROTS

10 young carrots
1 tablespoon butter
2 tablespoons sugar

Scrape the carrots, and boil them in water until tender; drain perfectly dry. Melt the butter and sugar in a saucepan; add the carrots, and shake until they are thoroughly covered with the glacé. Serve at once.

CREAMED CARROTS AND ONIONS

1 pound carrots
1 cup milk
2 onions
1 teaspoon salt
4 tablespoons butter
1 teaspoon flour

Cook the carrots in salted water, and when tender cut them in round slices about an eighth of an inch thick. Brown the butter slightly in a saucepan, add the onions, cut in thin round slices, and when they turn a light brown put in the carrots and milk. Thicken with the flour, and season. Simmer ten minutes and serve.

SCALLOPED CAULIFLOWER

Soak the cauliflower in cold water for an hour. Steam for thirty minutes, break apart the little florets, and arrange them in a baking-dish; pour over them a cup of white sauce, and sprinkle grated cheese over the top. Brown in a moderately hot oven.

CAULIFLOWER—HUNGARIAN FASHION

1 cauliflower
2 tablespoons butter
4 tablespoons dry bread-crumbs
1 tablespoon chopped onion

Steam the cauliflower whole for thirty minutes. Place in a round shallow vegetable-dish. Put the butter in a frying-pan; add the onion and bread-crumbs; brown slightly, stirring all the time. Spread this over the top of the cauliflower, and serve immediately.

BAKED CAULIFLOWER WITH CHEESE

1 head cauliflower
1 tablespoon butter
Yolks of four eggs
1 tablespoon grated onion
2 cups stale bread-crumbs
1 cup milk
2 cups grated cheese
1 tablespoon flour

Boil the cauliflower, and break it apart carefully. Put a layer of the florets in the bottom of a baking-dish, then a layer of crumbs, onion and cheese, then another layer of cauliflower, and so on until all the materials have been used. Mix the butter and flour, add the milk, then the yolks of the eggs, and pour this sauce over the ingredients in the baking-dish. Put bread-crumbs on top, and bake in a moderate oven twenty minutes.

STEWED CELERY

The outer stalks of celery which are unsuited for serving raw may be used. Cut into inch pieces, put into boiling salted water, and boil thirty to forty minutes. Make a sauce by adding to one cup of the water in which the celery has been stewed, two tablespoons of condensed milk (or cream) and one tablespoon of butter; thicken with one tablespoon of flour and pour over the celery.

FRESH CREAMED CORN

9 ears corn — ½ cup cream or milk
1 tablespoon butter

Husk and remove the silk from the corn. Slit each row of grains, and with a dull knife scrape out all the pulp. Put this in the double boiler, add the cream and butter, and cook over boiling water for thirty minutes, stirring occasionally.

CORN TOAST

½ cup cooked corn — 1 small onion
1 tablespoon butter — 1 cup milk
1 tablespoon flour

Fry the sliced onion in the butter until a light brown, and then add the corn and milk. Stir in the flour mixed with a little milk. After it has thickened, cook for five minutes, season, and pour over the toast.

SCALLOPED CORN

6 ears boiled corn — 1 tablespoon butter
1 cup bread-crumbs — 1 cup milk

Cut the corn from the cob. Put a layer in the bottom of a baking-dish, then a layer of bread-crumbs, and so on until all has been used. Pour the milk over it and dot the butter over the top. Sprinkle bread-crumbs on top, and bake in a rather hot oven twenty minutes.

SUCCOTASH

1 cup cooked corn
½ cup milk
½ cup lima beans (canned or fresh)

Add the cooked beans to the corn, and heat with the milk.

STUFFED CUCUMBERS

3 cucumbers
¾ cup bread-crumbs
1 small pepper, chopped
1 grated onion
⅛ cup butter
1 egg

Pare and halve lengthwise and remove the seeds from the cucumbers. Boil for ten minutes and drain; then arrange them on a buttered baking-pan, and fill with a stuffing made by mixing bread-crumbs, pepper, onion, melted butter and beaten egg. Sprinkle grated cheese over the top, and bake a delicate brown. Baste with a little butter and lemon juice.

STUFFED EGGPLANT

1 large eggplant
1 onion
1 stalk celery
3 tomatoes
1 cup bread-crumbs
½ tablespoon grated cheese
One green pepper

Cut an eggplant in half, lengthwise. With a sharp knife remove the pulp, leaving an eighth of an inch all around to protect the skin. Chop the pulp fine, adding one green pepper, a little celery and three tomatoes, and the onion. Add a cup of bread-crumbs and half a tablespoon of grated

cheese. Fill the eggplant shells with the mixture, set them in a buttered baking-pan, pour over them a cup of hot water, and bake until tender, about thirty minutes. Serve with a tomato sauce.

EGGPLANT AU GRATIN

1 eggplant
3 tomatoes
1 cup bread-crumbs
1 tablespoon grated cheese
1 teaspoon sugar
1 tablespoon butter

Cut the eggplant in thick slices, and let them lie in cold salt water until ready for use. Then boil until tender. Place in a well-buttered baking-dish, and on top of each lay a thick slice of tomato, sprinkling over them a layer of fine bread-crumbs. Put a teaspoon of sugar, a little grated cheese and a lump of butter on top of each. Bake in a moderate oven.

ONIONS AU GRATIN

1 pound onions
½ cup bread-crumbs
4 tablespoons grated cheese
½ cup milk
2 tablespoons butter

Boil the onions until tender, and arrange in a well-buttered baking-dish. Fill the crevices, and cover the top with bread-crumbs and cheese. Moisten with milk, dot with butter, season, and over all place a layer of bread-crumbs, with more butter. Bake until golden brown.

BAKED ONIONS

1½ pounds onions
3 tablespoons oil
1 teaspoon flour

Use medium-sized white onions. Peel, and boil whole for five minutes. Place them in a dish with two tablespoons of the oil. Bake in a moderately hot oven for half an hour. Make a sauce of the other tablespoon of oil, a tablespoon of water and the teaspoon of flour. Pour over the onions, and bake ten minutes longer.

ONIONS SUPREME

5 medium-sized onions
2 tablespoons butter
2 tablespoons flour
1 tablespoon cream
Yolks of 2 eggs
1 cup milk

Peel and slice the onions, and boil thirty minutes. Make a sauce of the butter and flour thoroughly mixed, and the milk. Stir until it boils, and cook thoroughly; then remove from the fire and add the yolks of the eggs beaten with the cream. Stir over the fire just a moment—don't let it curdle. Put the onions in a dish, and pour the sauce over them. Garnish with triangular pieces of toast.

BAKED ONIONS WITH PEAS

Select onions of a uniform size. Peel and cut out as much of the center as you can without breaking the onion. There should be a firm shell. Boil the onions for five minutes or so in water to which a little salt and butter has been added. Remove to baking dish, fill the onions with canned peas that have been seasoned to taste. Pour the water in which the onions have been boiled around them,

dot with butter and set in the oven until very tender. For a richer dish milk may be added to the water in which the onions are boiled.

ESCALLOPED PARSNIPS

Cook the parsnips until tender, then dice quite finely. Put into a baking-dish alternate layers of parsnips, bread-crumbs and butter, salting to taste. Continue until the dish is full, having crumbs and butter on top. Pour over a little milk, and bake until brown. Serve in the baking-dish.

GREEN PEA SHORTCAKE

1 cup flour — 1 cup peas
2 tablespoons cooking fat — 2 teaspoons baking-powder
1 cup milk

Mix the baking-powder with the flour and sift twice. Rub in the shortening, and gradually add the milk. Place a layer of the dough in a baking-dish, butter the top well, and then add a second layer of dough. This will make the cake split easily. For individual shortcakes, roll out and cut with biscuit cutter. Cream the peas with half a cup of milk and flour, and put between layers of baked shortcake. Any creamed vegetable may be made into a shortcake in this fashion.

PEAS IN TURNIP CUPS

Pare young turnips, cut off the stem, and scoop out the flesh, leaving a wall half an inch thick. Steam until they are tender. Arrange on a platter and fill with well-seasoned peas.

STUFFED PEPPERS

1 cup bread-crumbs
2 tablespoons butter
½ cup celery, chopped
¼ cup onions, chopped
5 green peppers

Wash the peppers, cut a slice off the top, and remove the seeds. Parboil the shells five minutes, then fill with the stuffing and bake in a moderately hot oven thirty minutes. For the stuffing, mix the bread-crumbs, celery, onion and melted butter all together, and soften with a little boiling water.

PEPPERS STUFFED WITH APPLES

2 cups apple sauce
1 cup buttered bread-crumbs
1 tablespoon chopped English walnuts
5 green peppers
2 tablespoons grated cheese

Mix the apple sauce, buttered bread-crumbs, cheese and walnuts. Wash the peppers, remove the seeds, and stuff them with the mixture. Bake until tender.

HASHED BROWN POTATOES

Chop up fine one cup of pared potatoes. Put two tablespoons of good butter into a frying-pan, add the potatoes, with a little salt and two tablespoons of water; cover tightly and let them cook very slowly on the back of the range. When soft, draw over the fire and let them brown like hash. Add a very little water, if needed, during the cooking, and at the last add milk or cream, if you wish. When a thick crust has formed all over the pan, loosen at the edges, and turn over and toss out like an omelet.

BAKED POTATOES WITH CHEESE

6 large baked potatoes ¼ pound American cheese
½ cup hot milk

Cut potatoes in half lengthwise, and scoop out the centers. Mash thoroughly. Rub the cheese through a grater, add the hot milk, and beat until smooth. Mix with the potatoes, beat until light, and place in the shells. Put in a hot oven until heated through.

BOILED POTATOES

The nutritional elements of the potato can best be conserved by boiling in the jacket. When the potatoes are pared before boiling and allowed to stand in the water in which they are cooked, they become soggy. This can best be prevented by pouring off the cooking water immediately when the boiling has stopped. Leave the potatoes in the pot, and cover with a crumpled tea towel. Put the lid back on the pot, and set on the back of the stove with the gas turned low for a few minutes. The effect of thus drying the potato is similar to the Chinaman's trick of cooking rice. If you wish to conserve the nutritious elements of the potato water, it may be used as soup stock.

MASHED POTATOES

The best mashed potatoes are made by boiling and drying as in the above recipe. Then beat the mealy potatoes until the lumps are eliminated, adding butter and cream, or butter and evaporated

milk. When evaporated milk is used, a portion of the potato water which has been poured off may again be incorporated. The quality of mashed potatoes largely depends upon the thoroughness of the beating, both before and after the other ingredients are added.

TO WARM OVER MASHED POTATOES

Cold mashed potatoes are notoriously unpalatable. This will solve the difficulty: To each two cups of mashed potato add one well-beaten egg and about a quarter of a cup of milk. Beat these ingredients thoroughly with the cold potatoes, pour into a buttered baking-dish, and heat in the oven until the top browns.

POTATO SOUFFLÉ

4 large smooth potatoes
½ cup boiling milk
2 egg whites
1 tablespoon butter

Wash the potatoes carefully, and bake forty-five minutes. Remove the potatoes from the oven, and cut them in two, lengthwise. Scoop out the potato with a spoon, and put in a hot bowl. Mash light, and add the seasonings, butter and milk. Beat until light, then add half the egg white. Fill the skins with the mixture, and brush the remainder of the egg white over the tops. Brown quickly in the oven.

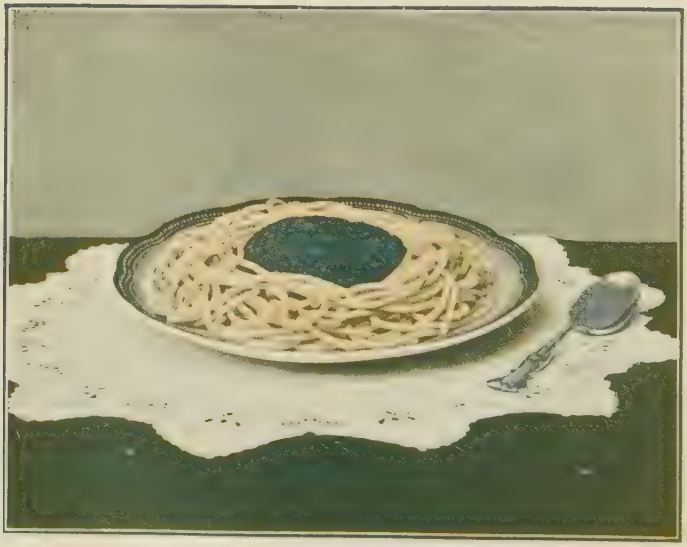
ESCALLOPED POTATOES

Pare and slice four potatoes. Place in layers in a buttered baking-dish, dredging each layer with

Navy Bean Soup. Page 179.

Vegetables en Casserole. Page 214.

Potato Pyramids. Page 203.



Spaghetti with Spinach Center. Page 206.

flour and dotting bits of butter over it, about half a tablespoonful to each layer. Pour hot milk over the whole until it may be seen through the top layer. Bake until the potato is soft.

POTATO RING

1½ pounds potatoes
1 ounce onions
4 eggs
¼ teaspoon nutmeg
2 tablespoons bread-crumbs

Boil potatoes, and when cold mash and mix well with the yolks of the eggs, the onion, finely chopped, salt and nutmeg, adding finally the whites of the eggs beaten to snow. Put into a ring-shaped greased baking-dish, cover with bread-crumbs, and bake one-half to three-quarters of an hour.

LYONNAISE POTATOES

4 cold boiled potatoes
2 tablespoons chopped onion
1 tablespoon chopped parsley
2 tablespoons butter

Dice the potatoes, fry the onion in the butter until slightly brown, then add the potatoes. Shake over a hot fire until the potatoes are brown. Turn at once into a heated dish, and sprinkle with parsley.

POTATO PYRAMIDS

Mash six cooked potatoes with just sufficient milk so that the potato may be formed into small pyramids. Arrange these in a shallow baking-dish.

Score the outside of the cones, and sprinkle with grated cheese. Pour some melted butter over them, and place in a slow oven until quite hot.

POTATOES AND EGGS AU GRATIN

Slice six baked or boiled potatoes and two hard-boiled eggs. Place them in layers in a baking-dish; sprinkle each layer with grated cheese. Pour over it one cup of white sauce, and bake in a slow oven until brown on top.

POTATO SURPRISÉ

1½ cups cooked peas
6 potatoes
⅓ cup milk
1 tablespoon butter

Bake the potatoes, cut a slice from one end, and scoop out the shell carefully, leaving about a half-inch wall. Mash the potato so removed, adding the milk, and beat until light. Season the peas with the butter. Put some of the mashed potato into the shells, leaving a well in the center. Fill this with peas. Cover with sufficient mashed potato to fill the skin. Put on the cap, fasten with a toothpick, and bake fifteen minutes until thoroughly heated.

POTATO CROQUETTES

2 cups mashed potatoes
Yolks of 2 eggs
1 tablespoon chopped parsley
1 teaspoon chopped onion

Mix the other ingredients with the mashed potatoes, and form into cylinders. Dip into beaten egg, then in bread-crumbs. Fry in hot fat at about 360 degrees Fahrenheit.

BAKED POTATOES ON HALF-SHELL

Bake potatoes, and when done cut in halves, scrape out the contents into a hot bowl, and mash. To every six potatoes add two tablespoons of butter, three tablespoons of hot milk, and one-half tablespoon of salt. Mix thoroughly, beating with fork or Dover egg-beater. Then add the beaten whites of two eggs. Do not stir, but beat. Refill the skins very lightly, heaping high on top and keeping the surface ragged. Place upon a shallow pan, and bake until well browned. Garnish with parsley, and serve on a hot platter.

PEANUT AND POTATO LOAF

2 cups mashed potatoes
1 cup whole-wheat bread-crumbs
2 eggs
1 teaspoon chopped onions
1 teaspoon chopped parsley
1½ cups chopped peanuts

Beat the mashed potatoes with a little milk until they are light. Put the peanuts through a food-chopper, and mix with the potatoes. Add the bread-crumbs and, if too stiff, add a little more milk. Whip the eggs and fold in. Season, and put into a buttered baking-pan. Bake for half an hour in a moderate oven.

POTATOES STUFFED WITH PEANUT BUTTER

3 or 4 large-sized potatoes
3 tablespoons milk
½ cup peanut butter

Bake the potatoes, and when done cut in half. With a teaspoon carefully remove the inside, leaving enough to make a firm shell. Mash the potato that is removed, and mix well with the peanut butter and the milk. Refill the shells, arrange on a pie-tin, and set in the oven again for a few minutes. Serve very hot.

BAKED SALSIFY

9 roots salsify
2 tablespoons butter
1 cup milk
2 tablespoons flour

Scrape the salsify, slice, and boil for half an hour. Then arrange the slices in a baking-dish, and pour a white sauce made of the butter, flour and milk over them. Sprinkle grated cheese on top, and bake in a moderately hot oven about fifteen minutes.

MACARONI WITH SPINACH

Boil a pound of macaroni. Wash thoroughly two quarts of spinach, and boil in a small amount of water. Drain, chop very fine, and add melted butter. Place the macaroni on a hot platter, turn the spinach in the center of it, pour over it half a cup of melted butter, and sprinkle with grated cheese. Spaghetti may be used as well as macaroni.

SCALLOPED SQUASH

2 pounds squash 4 tablespoons butter
1 cup bread-crumbs

Mash the cold squash up with melted butter, and put in a baking-dish. Sprinkle bread-crumbs over the top, and dot with butter. Bake in a moderately hot oven until brown.

SPINACH SOUFFLÉ

2 pounds spinach 2 eggs
2 tablespoons butter

Cook the spinach until tender in a double boiler. Then chop, press through a sieve, and season with butter. Add the beaten yolks of the eggs, and then fold in the whites, beaten very stiff. Put into a buttered baking-dish, cover with bread-crumbs, dot with butter, and bake until set.

SPINACH WITH EGG

2 pounds spinach 2 hard-boiled eggs
2 tablespoons butter 2 tablespoons cream

Wash the spinach thoroughly, and boil in a double boiler for thirty minutes. Chop it, and return to the double boiler. Add the butter and cream, and stir until hot. Pack the spinach into a bowl to shape it, and then turn it into a round dish. Arrange on top the sliced egg whites in the form of a daisy leaf, and press the yolks into the center.

TOMATO CROQUETTES

Mix canned or fresh stewed tomatoes with cracker or bread-crumbs and an egg. Form into biscuit-shaped discs, and coat with flour until they are smooth and free from crevices. Lower with a spoon into deep hot fat, and fry until they are brown like doughnuts.

FRIED GREEN TOMATOES

Green tomatoes fully grown but not yet beginning to turn red make an additional garden vegetable, for they are quite distinctive in properties and flavor from the ripe tomato. Cut the green tomatoes into slices about a quarter of an inch thick. Press gently into a plate of cornmeal, coating both sides. Fry slowly on a buttered griddle, turning with a pancake-turner, until nicely browned.

SCALLOPED TOMATOES

6 large tomatoes
6 slices bread
4 tablespoons chopped onion
2 tablespoons butter

Cut the bread into half-inch cubes, and peel and quarter the tomatoes. Put a layer of bread in the bottom of a baking-dish, then a layer of tomatoes, a little onion and bits of butter. Continue in this way until all is used, having bread on top. Bake in a hot oven thirty minutes. Grated cheese may be added to this recipe if desired.

STUFFED TOMATOES

6 good-sized tomatoes
1 cup bread-crumbs
1 chopped onion
1 tablespoon butter

Cut a slice from the stem end of the tomatoes and scoop out the seeds. Mix the bread-crumbs, onion and butter, fill the tomatoes, and replace the lid. Bake in a moderately hot oven thirty minutes.

TOMATOES STUFFED WITH CORN

6 large tomatoes
4 ears corn
2 tablespoons cream
2 tablespoons butter

Cut a slice from the stem end of the tomatoes, and scoop out the seeds. Husk the corn, boil three minutes, slit the kernels, and scrape out the pulp. Add cream and butter and fill the tomatoes. Put on the lid, and bake in a moderately hot oven twenty minutes.

SCALLOPED TURNIPS

1 pound white turnips
1 pint milk
1 tablespoon flour
2 tablespoons bread-crumbs
1 tablespoon cooking fat

Boil the turnips until almost tender, peel, and slice into a baking-dish. Then pour over them the milk, which has been cooked and thickened with the flour. Sprinkle the bread-crumbs on top, dot with the butter broken into bits, and bake a golden brown in a rather quick oven.

BAKED TURNIPS

Select turnips of uniform size, wash and wipe dry and put them in a moderately heated oven. Bake until very soft, then peel. Mash, or serve with cream sauce. They must be served quickly. Turnips are much sweeter when baked than when boiled.

GLAZED TURNIPS

Peel and quarter one pound of young turnips, and bring them to a boil. Then place them in a well-buttered saucepan, sprinkle with sugar, and when they begin to color pour in a little water. Let them stew slowly till tender.

SWEET POTATOES AND APPLES BAKED

1 pound sweet potatoes
1 pound apples
1 tablespoon sugar
2 tablespoons cooking fat
½ teaspoon salt
½ teaspoon nutmeg or cinnamon

Boil the potatoes until tender. Peel and cut into slices half an inch thick. Peel and slice the apples, and arrange all in a baking-dish in alternate layers. Mix the salt, nutmeg, sugar and fat with one cupful of hot water, and pour over the potatoes and apples. Bake in slow oven from three-quarters to one hour. Prunes may be used instead of apples, but they must be cooked first.

CANDIED SWEET POTATOES

Scrape or parboil and peel sweet potatoes, then cut into slices. Butter a baking-dish, and put in a

layer of sweet potatoes. Add butter and sugar, then another layer of the sweet potatoes, continuing until the dish is full. Pour enough water over to fill the dish, and bake in a moderate oven until tender.

MASHED SWEET POTATOES

Wash sweet potatoes thoroughly, and boil in their skins until tender. Then peel and mash. Season with butter, and bake in a pudding-dish until brown. Serve warm.

HONEY GLAZED SWEET POTATOES

Cut the boiled sweet potatoes lengthwise in thick slices. Arrange them on a well-buttered baking-dish; turn over them strained honey to taste and a tablespoon of lemon juice. Bake until a delicate brown.

SWEET POTATO PUFF

Scoop out the centers of six good-sized baked sweet potatoes, mash them and add a tablespoon of butter. Beat until very light. Fill the potato shells, and bake fifteen minutes, until they are hot. Chopped nuts or hard-boiled eggs may be added.

VEGETARIAN ROAST

1 cup pea pulp
½ cup chopped English walnuts
1 cup bread-crumbs
1 teaspoon sugar
½ cup melted butter
½ cup cream
½ tablespoon sage
2 eggs

Mix together all the ingredients except the whites of the eggs, which are to be beaten stiff and folded in at the last. Turn into a buttered baking-dish, and bake in a moderate oven until firm enough to slice. Serve with tomato sauce.

VEGETABLE ROAST

½ pound ground peas
½ pound ground beans
1 cup whole-wheat bread-crumbs
carrots
celery
onions
2 eggs

Make a vegetable stew of chopped carrots, celery and onions; then stir in the peas and beans, set on the back of the stove, and allow to simmer for one hour, or until thick. Pour out into a dish, and let stand until next day; then add a cupful of whole-wheat bread-crumbs and two eggs. Form into a loaf, roll in bread-crumbs, put into an oiled pan, and bake one hour. To serve cut in slices, and pour over them a little gravy made of carrots and onions, thickened with flour and seasoned with lemon juice.

VEGETABLE FRITTERS

½ cup carrots
1 cup turnips
1½ cups potatoes
1 ounce onions
4 tablespoons flour
1 cup bread-crumbs
2 eggs

Wash the vegetables, and boil in slightly salted water. Drain, and rub through a sieve, or mash well. Add the flour, with one egg, well beaten,

and half the crumbs. Mix into a thick paste with the water in which the vegetables were boiled, or a little milk. Form into fritters, dip in the crumbs, then in the egg, then in crumbs again, and fry a deep golden brown on both sides. Any vegetables left from soup may be used for the fritters. It is sometimes necessary to add a little more of the crumbs to absorb surplus moisture.

VEGETABLE STEW WITH NUT DUMPLINGS

½ pound potatoes
¼ pound carrots
¼ pound parsnips
2 ounces onions
¼ pound turnips
1 sprig parsley, or
1 leaf celery
2 tablespoons cooking fat
½ tablespoon flour

FOR THE DUMPLINGS

¼ cup bread-crumbs
½ cup finely chopped walnuts, or other nuts
4 tablespoons flour
2 tablespoons cooking fat

Peel and wash the vegetables, and cut into small cubes. Melt the fat in a saucepan, and add about one and a half cups of the vegetables. Cook till pale brown, add the flour, and mix well. Now add a pint of water and the rest of the vegetables, and cook slowly for about one and a half hours. This stew can be made of any favorite combination of vegetables. Season to taste, and serve with dumplings made as follows.

Rub the fat into the flour, crumbs and chopped nuts. Make a well in the center, and add water to make into a rather stiff dough. Roll the dough into small balls the size of walnuts. Cook for

twenty-five minutes in rapidly boiling water. These dumplings are also good in clear tomato or other vegetable soup.

MIXED VEGETABLES EN CASSEROLE

1 pound potatoes
½ pound carrots
½ pound turnips
1 quart water
¼ pound onions
4 tablespoons cooking fat
¼ cup pearled barley
1 small can tomatoes

Peel the vegetables, and cut into small cubes, or into tiny balls with vegetable scoop. Slice the onions into a casserole; add the cubed vegetables and the fat, and season with pepper and salt. Wash the barley, add to the vegetables, and pour water over all. Cover and cook in a slow oven for three hours. Any favorite combination of vegetables can be cooked in this fashion.

SAUCES FOR VEGETABLES OR MEATS

RIPE OLIVE SAUCE

3 ounces ripe olives
1 tablespoon butter
2 teaspoons lemon juice
1 ounce onion, or tablespoon chopped chives
2 tablespoons flour
Salt and pepper

Cook the onions in the butter for a few minutes Add the flour, rub smooth, and cook for three minutes more. Cook until thickened and smooth, and lastly add the olives, stoned and chopped, and the lemon juice. Stir well and remove from fire.

SOUR SAUCE

4 tablespoons butter
1 ounce finely chopped onion
2 tablespoons lemon juice
2 tablespoons flour
Salt, pepper and celery salt

Melt the butter in a saucepan, and when melted add the flour. Brown over a quick fire, stirring with a wooden spoon, until the butter and flour are a rich brown. Add the chopped onion, stirring until it turns light brown. Add a cup of water, salt, pepper, lemon juice and celery salt, and boil half an hour in a double boiler. Then strain and serve.

WHOLE-WHEAT CREAM SAUCE FOR DRESSING VEGETABLES

Cream three level tablespoons of butter and three level tablespoons of whole-wheat flour. Add two cups of warm milk, and stir constantly over the fire till thick. Then add a pinch of salt.

TARTAR SAUCE

Add to one cup of mayonnaise, two tablespoons each of chopped pickles and olives and one tablespoon of chopped parsley.

TOMATO SAUCE

1 cup canned tomatoes
2 tablespoons butter
1 onion
1 dozen cloves
Salt and pepper
2 tablespoons flour

Cook the tomato, onion and cloves ten minutes. Heat the butter in a small frying-pan, and add the flour. Stir over the fire until smooth and brown; then add the tomatoes. Cook two or three minutes. Season, then rub through a strainer fine enough to keep back the seeds.

HORSE-RADISH SAUCE

1 good-sized horse-radish
1 onion
1 cup soft bread-crumbs
1 tablespoon butter
2 cups milk

Wash the horse-radish, and soak in cold water for half an hour. Then grate it. Put the milk in a double boiler, add the bread-crumbs, the onion, grated, and the horse-radish. Cook fifteen minutes, stirring occasionally; then add the butter.

HOLLANDAISE SAUCE

½ cup butter
Juice of ½ lemon
2 egg yolks
½ cup boiling water

Beat together the butter, the egg yolks and lemon juice. Heat over boiling water until the sauce begins to thicken; then add the boiling water, beating all the time. Remove from the water as soon as it is the consistency of soft custard.

ONION PUREE SAUCE

Peel four onions and cut in slices; put in a stewpan with a quarter of a cup of butter. Simmer over a slow fire until very soft, stirring occasionally to prevent browning. Add one tablespoon of flour and a cup and a half of milk, and boil until thickened. Pass through a sieve, warm again, and serve.

CHAPTER XXII

High-Protein Non-Meat Dishes

SO-CALLED "MEAT SUBSTITUTES"

IN this chapter are included a number of dishes of high protein value, which in vegetarian cookery have commonly been called "meat substitutes." The list includes dishes made of cheese, nuts, legumes (beans and peas), and also cereal foods, so prepared that they may be served as the main dish of a meal.

This special classification of the non-meat protein dishes as "meat substitutes" is one of convenience rather than dietetics. It was based originally on the belief that the high protein content of the meat diet was necessary. That idea has been abandoned by modern food scientists, and we now know that in the conventional American diet there is more likelihood of an excess of protein than of a deficiency. Instead of emphasizing these so-called meat substitutes, I would rather caution you against using them with, or in addition to, meats and eggs. Used occasionally for sake of variety, and because they are economical, the high-protein vegetable dishes are all right; but they have no special value as meat substitutes, because we do not really need the meat for which they have been substituted.

Dry beans and peas require longer cooking than any other food, and are not edible otherwise, for the raw product is both difficult to masticate and of unpleasant flavor.

VEGETARIAN BOSTON BAKED BEANS

2 pounds beans
2 tablespoons dark molasses
1 teaspoon dry mustard
1 teaspoon soda
¼ pound butter

Soak the beans overnight. In the morning bring to a boil in water to which a teaspoon of soda has been added. Then drain off the water, put in fresh water, and boil until the skins of the beans break when you blow on them. Now put into a bean-pot, with the butter (which takes the place of salt pork in the conventional recipe), the molasses, mustard, pepper and salt. Bake for three to four hours.

BEANS OR PEAS EN CASSEROLE

1 cup dried beans or cowpeas
¼ pound onions
2 tablespoons flour
1 green pepper
4 tablespoons cooking fat

Soak the dried legumes in cold water overnight. Next morning cook until almost tender, put into a casserole, without draining, and add the green pepper, cleaned and cut into thin strips. Slice the onions, and put half of them into the casserole. Cook the other half in the fat for five minutes, add the flour, and rub smooth. Add one cup of boiling water, and cook for a few minutes more. Pour over the beans, cover, and cook in a slow oven for about an hour. If there is not much liquid left after cooking the beans, it may be necessary to add more water to keep them from drying out too much.

ITALIAN POLENTA

1 cup coarse cornmeal or fine hominy
6 ounces grated cheese
1 ounce butter
1 teaspoon salt

Cook the cornmeal in boiling salted water in a double boiler for two hours. Just before serving add the butter and the cheese. Serve with tomato or mushroom sauce. Or bake in the oven with the sauce poured over the top.

CHEESE TOAST

1 cup milk
2 ounces cheese
5 slices whole-wheat bread, toasted
2 tablespoons flour

Thicken the milk with the flour, season with salt, and add the cheese. Stir until the cheese is melted, and serve by pouring over the toast, as in milk toast. The same mixture may be seasoned with pepper, and poured over hard-boiled eggs. It may also be used with macaroni or rice, or baked with crackers soaked in milk.

PIMENTO CHEESE WITH LIMA BEANS

2 cups cooked lima beans
½ pound pimento cheese
1 egg
2 canned pimentos
Butter
Bread-crumbs and seasoning

Put the beans and cheese through the meat-chopper, and hash the pimentos fine. Mix all together, and add the egg, with enough bread-crumbs to make the mixture stiff enough to shape into a

roll. Dip in melted butter and water, and roll in bread-crumbs. Bake in a moderate oven till brown, basting often. Serve with tomato sauce.

SPAGHETTI TIMBALES

¼ pound sphaghetti
6 eggs
2 tablespoons butter
2 tablespoons flour
1 cup milk

Boil the spaghetti (whole) twenty minutes. Drain carefully, and pour cold water over it. Butter custard cups, dust thickly with bread-crumbs, and line carefully with the spaghetti, starting in the center of the bottom and coiling it around to the top. Break into each cup one or two eggs. Set the cups in a pan of boiling water, and bake in the oven until the eggs are set. Turn out carefully on a heated platter. Make a sauce of the butter, flour and milk, boiling thoroughly. Pour this around the timbales, and serve immediately.

ITALIAN SPAGHETTI

½ pound spaghetti
1 cup tomatoes
2 ounces grated cheese (Parmesan)
Paprika
1 green pepper
½ onion

Cook the spaghetti in one quart of water. Fry the chopped green pepper and onion in butter until soft. Add the tomatoes. When hot, add the grated cheese and remove from the fire. Drain the spaghetti, and pour the sauce over it. Mix thoroughly, and serve as soon as the cheese is melted.

MACARONI AND CHEESE

½ pound macaroni
½ pound American cheese
½ cup evaporated milk

Boil the macaroni, and place in a baking-dish. Add the evaporated milk and the cheese, chopped or grated, one part being stirred into the macaroni and another sprinkled on top.

Macaroni and spaghetti are the same in composition, and may be used as alternatives. Mere convention has it that spaghetti should be dressed with a small quantity of the highly flavored Parmesan cheese and the macaroni served with a larger quantity of American cheese.

HOMINY WITH PEANUT CREAM

1 cup commercial hominy
½ cup peanut butter
1 cup milk
1 ounce pimentos

Boil the hominy until soft, and add the minced pimentos. Cream the peanut butter with milk, and heat to boiling point, stirring all the time. Pour over the hominy and bake one hour.

RICE AND CHEESE

1 cup cooked rice
1 tablespoon butter
¼ pound grated cheese
3 eggs
¾ cup milk

Beat the yolks of the eggs thoroughly and mix with the rice, butter and cheese. Add the milk, and lastly fold in the stiffly beaten whites of the eggs. Turn into a greased baking-dish, and bake

in moderate oven twenty minutes. Serve at once. Sometimes this dish is made with bread-crumbs instead of rice.

RICE ITALIAN STYLE

1 cup rice
¼ pound grated cheese
1 green pepper, chopped
2 cups thin tomato sauce

Cook the rice for about twenty minutes. Place a layer in a buttered baking-dish, and dust with pepper and salt. Add a thin layer of cheese, with a little of the chopped green pepper, then another layer of rice, and so on till the ingredients are used up. Pour over the tomato sauce, set into a moderate oven, cover, and bake for twenty minutes. This recipe is equally good for hominy or cornmeal.

BAKED RICE AND CHEESE

1 cup rice
4 ounces cheese
6 cups milk
½ cup bread-crumbs
1 tablespoon oil

Cook the rice in four cups of milk in a double boiler, and grate the cheese. Then put into a buttered baking-dish alternate layers of the rice and cheese. Pour the other two cups of milk over the mixture, sprinkle with bread-crumbs, which have been mixed with the oil, and bake till brown.

NUT LOAF

Put through the food-chopper sufficient nut meats to measure one and one-half cupfuls.

Almonds, English walnuts, hazelnuts and hickory nuts may be used in any proportions, according to taste, also butternuts and black walnuts; but the latter should be used sparingly, because of their pronounced flavor. Add to the chopped nuts one pint of stale bread-crumbs. Mix well, add enough boiling water to moisten, cover closely, and let stand for ten minutes. Now add another cupful of hot water, and turn into a well-greased loaf pan. Bake for an hour in a moderate oven.

PEANUT CUTLETS

4 ounces chopped peanuts
2 eggs
1 cup bread-crumbs
½ cup water
2 tablespoons cooking fat
1 onion
1 teaspoon lemon juice
Few sprigs parsley

Beat the eggs with one tablespoon of water, and set aside half of this liquid for dipping the cutlets. Cook the onion in the fat for five minutes, then add the water and the rest of the ingredients. Shape the paste into cutlets, dip into bread-crumbs, then into the egg reserved for the purpose, and again into bread-crumbs. Fry in deep fat to a golden brown. Serve with tomato or any savory sauce, and garnish with parsley.

PEANUT ROAST

2 cups bread-crumbs
½ cup milk
½ cup peanut butter
½ pound potatoes
1 egg
2 ounces onion

Boil and mash the potatoes, and chop the onions fine. Mix with the milk, bread-crumbs and peanut butter, and add the egg, well beaten. Bake in a moderate oven half an hour.

NUT AND SPINACH LOAF

1 cup chopped walnuts
½ pound spinach
1 egg
1 ounce finely chopped onion
1 cup bread-crumbs
Any desired seasoning

Cook the spinach in a double boiler with very little water, and chop fine. Add the nuts, onion and seasoning, the beaten egg, and lastly the bread-crumbs. Mix well and let stand for a few minutes. Make into a loaf and roll in bread-crumbs. Brush with melted butter, and bake twenty-five to thirty minutes. Serve with a savory sauce.

NUT SCRAPPLE

1 cup cornmeal
1 cup English walnuts
½ cup hominy

Cook the cornmeal and hominy together in salted boiling water in a double boiler until they have taken up all the water. Add chopped nuts and pour into a greased dish. Set in a cold place. Cut in slices and fry. Serve with honey or syrup.

HOMINY-NUT LOAF

4 cups chopped peanut meats
½ cup samp (large hominy)
2 eggs
Herbs as desired
1 chopped onion
½ cup bread-crumbs
1 teaspoon ketchup

If samp is used, it should be soaked overnight. If the hominy is granulated, or in the form of grits, cook as for breakfast mush, in two cups of boiling water, from one to two hours. Run the peanuts through the food-chopper, and mix well with the cold boiled hominy. Beat the eggs with one tablespoon of water, and add half the quantity, with the seasoning, to the other ingredients. It is sometimes necessary to add a few bread-crumbs to make a mixture that can be molded. Make into patties, croquettes, or one loaf, as preferred. Roll first in bread-crumbs, then in egg, and again in crumbs. Fry or bake as preferred. Serve with tomato sauce.

CHAPTER XXIII

Meat Dishes

FOR the convenience of my vegetarian readers all dishes made of or containing fish, flesh, or fowl, are segregated into this single chapter.

The recipes given here consist of simple directions for cooking a few of the more wholesome meats, a few novelties which I think will be of interest, and lastly a number of dishes in which comparatively small quantities of meat or fish are used to give the meaty taste to larger quantities of other food elements. These last named dishes will be of interest to those who would like to cut down their meat consumption, but who, from habit, crave these meat flavors, and do not feel that a meal is complete without them. They are also interesting on grounds of economy.

Tender meats are not improved in digestibility by cooking; yet few of us would care to eat them raw. This repugnance toward raw meat is something we have toward no other food in its uncooked state, and it may be taken to indicate that man is not a natural meat-eater. It is the flavors that develop in cooking meat that make it attractive to the appetite, and this, together with the protection it gives against possible parasitic infection, is the chief reason for cooking meat. About the only flesh foods that are commonly eaten uncooked in this country are beefsteak, clams and oysters. The beefsteak is not supposed to be uncooked, as it is cooked or broiled on the outside, but the rare portion, in reality, is merely warmed, and has never

Peanut Cutlets. Page 223.

Hominy Nut Loaf. Page 224.

Cabbage Tamales. Page 189.

Planked Steak with Vegetables and Rice Balls.

reached the coagulating or cooking temperature. Such meat is considered safe, as beef is not liable to be contaminated by organisms injurious to man. To eat pork in similar fashion would be to run serious risk of becoming infected with parasites.

Tough meats are made more tender by cooking. It is not the muscular tissue which is tough, but the connective tissue, tendons, ligaments, etc. By prolonged cooking these are changed to gelatin. Cook books commonly state that the cheap, tough cuts of meat can be made as good as the expensive ones by prolonged cooking. This may be so; but if one wishes to economize, the more appealing program to my mind would be to adopt choice vegetarian viands, rather than the rejected but equally expensive cuts of meat.

POULTRY

Poultry, and except for the winter holidays this usually means chicken, I consider one of the most desirable of flesh foods. I claim no scientific basis for this opinion, though I suppose one could theorize and say that the feathered animal was less akin to man and therefore less objectionable, because the wastes of its physiological activities were less likely to be poisonous to the human system than the same wastes of mammalian species. I think this is beside the point, however, and I would defend the use of chicken meat merely on the ground that it is more tasty than other meats and eaten in smaller quantities.

Poultry is expensive for the nourishment con-

tained, and no one would think of arguing that it was economical, unless on a farm, where one doesn't count the cost because the chickens mean no cash outlay. When one keeps chickens, they do have the decided advantage of furnishing absolutely fresh meat of the highest quality in quantities suited to the family table.

As for cold-storage poultry, or even the fresh-killed of the city market, it is of doubtful quality at best. Objection is sometimes made to storage poultry on the grounds that it is stored without being drawn. This, however, is the only practical way in which it can be commercially handled, since the removing of the viscera exposes the unprotected flesh, and the carcass spoils much more readily than if left entire. You are fortunate indeed if you live where you can keep your own flock of chickens, and so avoid the city dweller's problem of dealing with stale poultry and aged eggs.

FISH AND OYSTERS

Fish are cold-blooded creatures, and far removed in their physiological nature from the human species. Therefore the objections made to flesh food have less force in their case than in that of higher animals.

But I will not, on that account, expand the recipes for the cookery of fish in this book. It is intended for general circulation in the United States, and most of my readers will live away from the sea-coast and have no wide variety of fresh fish to choose from. Most cook books disregard

this fact, and give scores of recipes for cooking deep-sea fish which the reader who lives in the interior of the country never sees.

For similar reasons I will give a considerable number of recipes, particularly under "meat salads," that may be prepared from the fishes and sea creatures that travel inland in tin cans, and are hence widely available.

PLAIN STEAK

Probably the most wholesome and most digestible form of meat is a good quality of tender, lean beefsteak. The simplest and best method of cooking it is per the Salisbury method, or "pan-broiling" it, that is, cooking it in a skillet or frying-pan, with just enough fat or butt r to prevent the meat from sticking to the metal.

SALISBURY STEAK

A true Salisbury steak is made as follows: Secure a choice cut of lean beef, preferably from the round, remove all gristle or cartilage, and put the remainder through a meat-chopper, as in making hamburger. The ground meat can be made into small cakes not over half an inch thick, and can be cooked in an ordinary frying-pan, or broiled. Cook just enough to cause the redness in the center of the cake to disappear. The Salisbury steak differs from ordinary Hamburger in the absence of seasoning and other additions, as well as in the more careful selection of the meat used.

A WHOLESOME WHOLE-WHEAT FLOUR GRAVY

After pan-broiling steak, put in the skillet the desired quantity of whole-wheat flour. Stir about forcibly, rubbing the bottom of the skillet to remove any adhering material. Allow the flour to brown slightly. Cool a bit and add butter, if the fat left in the pan is not sufficient. Then add water, stirring rapidly until a rather thin gravy is made. Lastly stir in liberal quantities of evaporated milk, and do not cook longer.

PHYSICAL CULTURE STEAK

½ pound steak	chopped lean	2 ounces onion	finely chopped
2 cups bread	whole-wheat	A little salt and pepper	

Soak bread, then squeeze it as dry as possible. Knead well with the chopped meat and seasoning, make into patties, and fry. Egg or milk may be added, and the mixture may also be made into a loaf and baked in the oven.

CHOPPED BEEF ROAST

Mix one and a half pounds of chopped meat with one cup of water, one cup of bread-crumbs, one grated onion, salt and seasoning to taste. Have ready one or two hard-boiled eggs. Mold the meat into a ball or loaf, putting the shelled eggs in the center so they will be surrounded and hidden by the meat. According to convenience, the meat can

be set in the oven and roasted, or pot-roasted in drippings and a small amount of water on the top of the stove. If the eggs are properly placed in the loaf, each serving will have a slice of egg in the center.

STUFFED STEAK

Spread a rather thin slice of lean beafsteak with a thin layer of cornmeal or hominy mush that has been seasoned to taste. Cover this with sliced onions that have been cooked in butter till soft. Now roll up the steak and tie securely, tucking in the ends to keep the stuffing in. Put in a pan with a little water, butter, or oil, and roast in a fairly hot oven until the meat is tender, basting frequently.

BACON

Bacon hardly classes as a physical culture food. But it has a distinctive advantage over many other forms of meat in that it is used in smaller quantities. Those who crave a bit of highly-flavored meat with a meal will find that a few slices of thin crisp bacon will satisfy the appetite better than a like small quantity of almost any other flesh food. A bit of bacon with baked potatoes is an especially appetizing combination.

CREAMED DRIED BEEF ON TOAST

4 ounces chipped dried beef
2 cups milk
2 tablespoons vegetable oil
4 tablespoons flour
8 slices toast

Cook the dried beef in the milk for twenty minutes—or cook in half the quantity of water and then add a cup of evaporated milk. Mix the oil and flour, and stir up in a little cold water; add this to the beef, and when it thickens serve on hot toast.

DRIED BEEF WITH EGG

Tear the beef into small pieces, boil for a minute or two, and discard the water. Put the beef in a buttered skillet, and fry until the edges begin to curl. Then break the eggs over it, and when they are set serve on toast.

PHILADELPHIA SCRAPPLE

1 pound lean pork 1 cup cornmeal
1 teaspoon sage leaves

Cook the meat in water until it can be removed from the bone. Add more water during boiling, so as to make about a quart of liquid. Skim off any surplus fat, and cook the cornmeal in this broth. Mince or chop the meat and add sage. Pour the mixture into bread-tins and let it set. When cold it may be sliced and fried.

FRIED BACON MUSH

2 cups cornmeal 4 ounces bacon

A dish very similar to scrapple can be made more quickly from bacon. Chop up the bacon and fry in a skillet till crisp; but be careful not to burn it. Cook the cornmeal, and as it cools stir in the bacon. Let set, slice, and fry on a griddle.

STUFFED BEEF HEART

1 beef heart
2 cups bread-crumbs
1 ounce ripe olives
1 onion, size of egg
1 chopped green pepper
1 teaspoon sage

Wash the heart, and boil for about twenty minutes. Make stuffing of crumbs, vegetables and seasoning. Cut open the heart, stuff, and sew up again. Rub with fat, dredge with flour, and bake for about an hour to an hour and a half.

It is an interesting fact that the heart of beef has been found to contain vitamins that are absent from ordinary meat tissues. This is also true of the liver. However, there are better sources of vitamins than these animal organs.

HOMINY HAM PATTIES

1 cup hominy
3 ounces lean ham
1 egg
½ cup cracker dust

Boil the hominy in a quart of water. While hot stir in the egg and finely-minced ham. Form into patties, and roll in the cracker dust. These may be fried, but will be more wholesome if baked in gem-pans.

HOPPING JOHN

1 cup rice
1 cup cow-peas
½ pound bacon

Soak the peas overnight. Boil until half done, then add the bacon and cook slowly until tender. Cook rice separately for twenty minutes, then drain

off the water and allow to steam on the back of the stove until the grains separate. Serve with the peas and bacon.

POTATO MEAT PIE

½ pound cold meat
1 pound mashed potatoes
4 tablespoons flour
2 cups milk
½ pound sliced tomatoes
1 tablespoon butter

Cut the meat in thin slices, and lay in the bottom of a baking-dish. Slice tomatoes, and lay on top of meat. Over this pour a sauce made of butter, flour and milk. Finish with a top crust of the mashed potatoes, and bake.

CREOLE RICE

1 cup rice
¼ pound bacon
1 cup stewed tomatoes
1 large green pepper
2 onions

Chop the pepper, onion and bacon, and cook with the tomatoes in a buttered skillet for a few minutes. Now turn into a stew-pan with the rice and about a quart of water, and cook until the rice is tender.

MEAT SPINACH PUDDING

2 pounds of spinach
1 cup cooked meat
¼ cup butter
2 eggs
1 cup milk
2 tablespoons flour

Boil the spinach in as little water as possible, then add butter, milk and flour, and mix thoroughly

with the chopped cooked meat and beaten eggs. Put in a baking-dish, and bake for half an hour in a moderate oven.

CABBAGE TAMALES

½ pound moderately lean meat
1 cup cornmeal
Large outer cabbage leaves

Boil the meat, and run through a food-chopper. Boil the meal to make a mush. Steep the cabbage leaves in boiling water for a few minutes to make them tough and pliable. Now lay out patties of mush on the cabbage leaves. Put a spoonful of meat in the center, roll the leaf around it, and skewer with toothpicks. Place the tamales in the broth in which the meat was boiled, and simmer gently for half an hour.

CREOLE GUMBO

½ cup raw ham
3 tablespoons butter
2 onions
1 pepper
2 tomatoes
12 okras
¼ cup rice

Chop pepper, onions and ham, and cook for a short time in the butter. Then add rice and a quart of water, and cook for an hour. Lastly add tomatoes and okras, and cook thirty minutes longer.

CHICKEN AND CELERY SALAD

1 cup chopped chicken
¾ cup chopped celery
2 tablespoons chopped green pepper
Mayonnaise

Mix all together and serve on lettuce leaves.

CHICKEN SALAD WITH WALNUTS

Cut the chicken into cubes, add a third as much English walnuts. Mix with mayonnaise, and serve on lettuce leaves.

CHICKEN AND GREEN PEA SALAD

Cut the chicken into small pieces, and add half the quantity of cooked and seasoned peas. Mix with French dressing. Arrange on lettuce leaves.

CHICKEN AND ORANGE SALAD

2 cups cold chicken
2 oranges
1 head lettuce
½ cup chopped celery
¼ cup French dressing
¼ cup mayonnaise
Olives

Dice and chill the chicken and oranges, mix with the celery, French dressing and mayonnaise. Arrange on lettuce leaves and garnish with olives.

CHICKEN À LA KING

2 cups cold chicken
¼ cup butter
¾ cup mushrooms
1 onion
2 tablespoons flour
1 small green pepper
1 cup evaporated milk
2 egg yolks

Fry the mushrooms in the butter, and add the chopped onion and pepper. Fry these for a short time, and then add a cup of water and the finely-minced chicken. Beat the egg yolks, milk and flour together, and use as thickening. If made properly, this dish will be about as thick as stiff flour gravy,

and may be served on toast like Welch rarebit. Chicken à la King competes with lobster as a dish for cabaret habitués.

Dishes of this sort are too complicated in my opinion for regular use in the diet. The ingredients are all wholesome, but I should prefer to have them in simpler form.

PRESSED CHICKEN

Here is a fine way to cook and serve chicken wherein the youthfulness and tenderness of the fowl is of no advantage. Clean the chicken as if preparing to cook it in the ordinary way, then put the whole of it into a pot and boil gently for four or five hours. It should be boiled down finally until the juice sinks below the level of the pieces of chicken. This will require a little skill to prevent burning—the brine-bath cooker would be an advantage. Now cool, and pick out all the bones. Put the chicken, with the liquor, into a crock, and put a plate on it so that all the meat will be pressed below the surface of the liquid. Set in a cold place to gelatinize. When cold it will slice for sandwiches, or may be used in salads. The addition of commercial gelatin and the use of correspondingly more liquor will make the chicken go further.

FISH CHOWDER

1 small can salmon
¾ pound potatoes
4 tablespoons butter
4 ounces onion
2 tablespoons flour
2 cups milk
Salt and pepper

Slice the onions into a saucepan, and cook very slowly in the butter for ten minutes. Add boiling water, the potatoes cut in cubes, and the seasoning. Cook till the potato cubes are almost tender. Moisten the flour with a little of the milk, add to the rest of the milk, and cook five minutes. Add this mixture to the potatoes. Break the salmon into small pieces, add to the chowder, and cook ten minutes more. Serve with crisp crackers. Any fresh fish may be used instead of salmon. Cod, haddock, hake, or white fish, are all good.

For any of these fish chowders cod-liver oil may be used instead of butter, and will greatly increase the nutritive value of the dish. But I suggest that you experiment with a small quantity of the oil to see if your family like it, before putting it into a complete dish.

CLAM CHOWDER

½ pint clams
4 slices bacon
¼ pound onions
½ pound potatoes
4 stalks celery
1 tablespoon flour
Salt and pepper to taste

Cut the bacon into cubes, and fry without allowing it to get brown. Cut up the onions and cook to a pale yellow in fat. Slice or cube the potatoes, chop the celery, and put both in a saucepan with three cups of water. Cook for ten or fifteen minutes. Meanwhile clean and chop the clams. Let them cook in their own liquor for five minutes. Skim and add to the chowder, season, and cook till the potatoes are tender. Stir the flour in a little

Stuffed Steak. Page 231.

Chopped Beef Roast. Page 230.

Cold Slaw in Cabbage Cup. Page 259.

Baked Fish. Page 240.

water, add to the chowder, and cook a few minutes.

There is no reason why a good clam soup might not be made without the bacon, but this is the conventional recipe.

OYSTER CHOWDER

1 quart oysters
2 cups milk
2 tablespoons butter
1 cup chopped celery

Cook the celery until tender in a small quantity of water. Chop the oysters. Put the oyster liquor in a saucepan, with the milk and the water from the celery, and bring to a boil. Season with butter, and then add the oysters and celery.

CORNMEAL SALMON PATTIES

1 cup cornmeal
1 egg
1 cup salmon
3 tablespoons fat

Boil the meal in water, as in making ordinary mush. Beat the egg well, mince the salmon, and add, with the fat, to the mush. Bake in gem-pans, or fry in a skillet. May be served with tomato sauce.

LITTLE PIGS IN BLANKETS

Wrap large oysters in very thin slices of bacon, and skewer with a toothpick. Place in a hot frying-pan, and cook just long enough to crisp the bacon. Serve with quartered lemons, and without removing the skewers.

FISH LOAF

1 cup boned fish
½ cup bread-crumbs
1 egg
1 tablespoon cooking fat
1 tablespoon chopped green pepper
½ teaspoon chopped celery leaves
½ teaspoon chopped parsley

Flake the fish with a fork, and beat the egg. Mix with the other ingredients, form into loaf, and bake in a moderate oven. Serve with tomato sauce or lemon.

BAKED FISH

A fish of two pounds or more
2 tablespoons fat
1 tablespoon flour
1 cup bread-crumbs
1 onion
1 green pepper

Clean the fish and dust with flour. Chop the onion and pepper, and add to the bread-crumbs. Stuff the fish with this mixture. Put it in a baking-pan, with the fat and half a cup of water, place in a moderate oven, and bake about thirty minutes.

HOMINY FISH BALLS

½ pound shredded codfish
6 ounces hominy
1 egg
Bread-crumbs or flour

Cook the hominy in boiling water, but so that it will be a little dryer than ordinary breakfast cereal. Freshen the codfish in boiling water, cool, and squeeze dry. Beat the egg, and mix with

hominy and shredded fish. Shape into balls or croquettes, dip in bread-crumbs or flour, and bake or fry.

CRAB MEAT IN RAMEKINS

1½ cups crab meat
1 cup bread-crumbs
½ cup condensed milk
1 egg
2 tablespoons grated cheese
2 tablespoons butter

Mix the ingredients, and fill buttered ramekins. Sprinkle the top of each with grated cheese, and bake to a delicate brown.

SALMON SOUFFLÉ

1 large can salmon
1 onion
2 hard-boiled eggs
¼ cup butter
½ cup cream
3 whites of eggs

Flake the salmon, mince the onion, and chop the eggs fine. Mix together, add the melted butter and cream, and lastly fold in the stiffly beaten egg whites. Turn into buttered ramekins, and bake until puffed and nicely browned.

LOBSTER SALAD

Cut up the lobster meat, and season with two tablespoons of lemon juice and one of oil. Keep it cold until ready to serve. Wash the leaves of a lettuce, and place in the refrigerator until serving time. Arrange two or three leaves in the form of a shell on a flat dish. Mix one-third of a cup of

mayonnaise dressing with the lobster, and put a heaping tablespoon of this in each cluster of leaves. Finish with a teaspoon of the dressing on each mould of lobster.

SHRIMP AND POTATO SALAD

Break a cup of shrimps into small pieces, and add to them a finely-minced onion, enough cold boiled potato cut into small cubes to make a cup and a half, a hard-boiled egg put through the ricer, and a tablespoon of capers, drained and rinsed. Mix with either a mayonnaise or a cream dressing, and let stand half an hour to season before serving.

SALMON SALAD

1 cup salmon
1 cup chopped celery

Mix together with mayonnaise and serve on lettuce leaves.

CUCUMBER SALMON SALAD

3 cucumbers
½ cup cold salmon
2 hard-boiled eggs
Parsley
Mayonnaise

Pare the cucumbers, cut in half lengthwise, and remove the seeds. Dice the eggs and chop the parsley, and mix with the salmon and salad dressing. Fill the cavity of the cucumbers, and put a little mayonnaise on top.

MEAT SANDWICH FILLINGS

Chipped beef, broiled, fried, or boiled one or two minutes in a minimum quantity of water.

Sardines, dressed with lemon juice between lettuce leaves.

Salmon, minced and mixed with mayonnaise dressing between buttered bread with lettuce leaves.

Boiled ham, minced and mixed with mayonnaise dressing and cucumbers. Olives might be used in place of cucumbers.

Chopped chicken meat with celery and mayonnaise. Green peppers or olives may be used instead of the celery.

COD-LIVER OIL AS A FOOD

Cod-liver oil is one of the few substances prescribed by doctors as a "medicine" which modern science has found to possess real nutritive values. Cod-liver oil is exceedingly rich in a number of vitamins. It possesses the same vitamin as dairy butter, but in much higher concentration. This peculiar oil also possesses another vitamin, or at least a vitally important nutritive property, not found in the butter. This last property prevents or cures rickets, or failure of bone growth, in children and in other young animals.

Cod-liver oil has been prescribed for tuberculosis. If looked upon as a "medicine," that is, a

substance capable of curing the disease without regard to proper nutrition and other hygienic measures, I would not recommend it. But when considered as a food element, and added to a diet that possesses all other essentials of complete nutrition, it is highly probable that the oil has merit and should be used.

The important point is to recognize the true nature of the oil and the purpose of its use as a food. It should not be used in large quantities, for the elements that give it its peculiar value are in such concentrated form that they have been found to be effective when fed in quantities of from one per cent, or even less, of the total weight of food used. Since it takes about a pound and a half (dry weight) of food per day to nourish a man, this means that a quarter of an ounce of the cod-liver oil will accomplish the desired results.

Cod-liver oil has a distinctly fishy odor which makes it unpleasant to take pure. But if used as a dressing on fish, or fish salads, it is not offensive.

The following simple recipes are suggested:

SARDINES DRESSED WITH COD-LIVER OIL

Use the sardines packed in oil (which is usually cottonseed oil without vitamin value). Drain off the surplus of this oil, and substitute pure cod-liver oil, macerating the fish a bit to absorb the oil. These sardines may then be served as a straight dish, or they may be used in sandwiches, or as the meaty element of any leafy salad.

SALMON WITH COD-LIVER OIL

Drain the liquid from the salmon, and macerate with cod-liver oil. The salmon may then be served in any fashion in which it might otherwise be used. However, the possible destruction of the vitamins by heat would suggest the advisability of using it without much cooking.

BAKED OR BROILED FISH BASTED WITH COD-LIVER OIL

Do not waste time trying to use cod-liver oil as a frying fat for fish, as the excessive temperatures to which such fat would be exposed would destroy its peculiar value. But baked or broiled fish, after the cooking is finished and while still hot, may be basted with the valuable oil.

CHAPTER XXIV

Salads

THE term *salad* has come to include almost any combination of foods to be eaten cold, or, more particularly, to be eaten raw. Without arbitrarily denying the name to other combinations, I would insist that the salad proper should have as its most abundant ingredient some variety of fresh, tender and uncooked leaves.

Lettuce is the most common salad plant, and perhaps the best one. But lettuce is by no means the only plant that makes good salad. Tender cabbage is almost its equal, and is widely used under the name of cold slaw, which is, of course, a salad. It might, in addition, be used in an almost endless series of combinations. If at any time you want to make a salad calling for lettuce and it is not available, try substituting the tender inner leaves of cabbage.

A wide variety of salad vegetables is used in Europe, but many of them are not generally known or distributed in this country, for which reason I have not introduced them, to any great extent, into the recipes. Generally speaking, any leafy food that is sufficiently mild in flavor to be eaten uncooked may be substituted for lettuce in a salad. Endive is coming into more frequent use, and can now generally be had in city markets. It is more bitter than lettuce, but one who has learned to like it is likely to prefer it thereafter to the more mildly flavored lettuce. Chinese cabbage and romaine are two fine salad plants that are easily grown.

Most common vegetables can be eaten in salads. Celery leaves, commonly discarded, are edible, and the plant is too finely flavored not to be fully utilized. Ordinarily the leaves will be used in cooking, but a few of them, especially the tenderer white leaves, may be chopped up and mixed with other material in any leafy salad. Likewise the onion, grown for its bulb, is all edible when young and tender, and the tops go nicely in salad as well as in cookery—only, of course, a little goes a long way, as the tops are more "oniony" than the onions.

Another very tender salad leaf, and one which may be had on the farm very early in the season, is the tender young leaf that sprouts up from turnips wintered over and set out in the ground again as soon as the frost is out of the soil.

Also there are salad plants which may be grown indoors in the winter. The Chinese make wide use of freshly-sprouted grain in their cookery; but that is an art we have not learned, and I will not venture to recommend it. But one can plant onion seed very thick in a window-box, where it will grow up into a mass of green stalks several inches high. Mustard can be grown in similar fashion, and I can vouch for its edibility. When it is four or five inches high, just pull it up by the handful, clip off the roots with shears, and cut the rest into short lengths. You will then have a good green salad that will need no pepper. There are also salad plants that can be grown from roots in the cellar. The seed catalogue will tell you about these, if you wish to try them; I confess I am no authority on their culture. To the list might be

added a few wild salads, such as the purple-blossom sorrel, the dandelion, and, best of all, the watercress. Most wild plant leaves are rather too strongly flavored to be wholly palatable. The art of the gardener, by making such plants grow more rapidly, insures a milder flavor.

Many vegetables which are commonly eaten cooked may be used uncooked in salads. Grated turnips and carrots are very good raw. Some people like raw garden beets. Raw sugar beets are very good, and even raw mangels, or cow beets, are quite edible. Some people eat raw green peas and raw scraped sweet corn. I mention these facts to set your mind working, particularly if you have a garden and are a bit tired of eating the things you grow in the same old ways.

If you like new dishes, don't be afraid to experiment; it won't hurt you, and you may learn something. Try eating raw some of the things you have been eating cooked, and cook some of the things you have been eating raw. The only thing I know of that grows in the vegetable garden that is not safe to eat is the rhubarb leaf, and cooking doesn't help it.

One object of encouraging the use of raw vegetables in the form of salads is our recently acquired knowledge of the great importance of mineral salts and vitamins. The fresh green vegetables, particularly leafy vegetables, are known to be very rich in all these elements. Moreover, we have considerable evidence that some of the vitamins are impaired by cooking. Hence the wisdom

of making raw salads a regular item of the bill of fare.

All things considered, we can place salads high in the list of health foods. Not only do they contain those elements most likely to be deficient in the diet, but they supply us with bulky material that aids digestive action without danger of fattening us like corn-fed cattle. A further advantage of uncooked green leaves is that they must be masticated. There is in the fresh green stuff a vitalizing power, as any farmer can see when he turns his cows and colts out to grass, or supplies green stuff to growing pigs or laying hens.

SALAD DRESSINGS

Before giving recipes for salads, I will give a list of salad dressings, as the same dressing can be used on many salads. Just why salads should need dressing to make them appetizing I do not claim to know; but we crave with them some additional flavor. Uncooked vegetables seem to call for salt, and the word salad takes its name from the Latin *sal,* which means salt. A second flavor which most of us want on salads is acid. Vinegar is most commonly used, but lemon juice, a more natural and better flavored form of acid food, seems to me preferable.

Lemon juice and a little salt form the simplest combination that might be listed as a salad dressing, and often the result of dressing a salad in this simple fashion is quite as satisfactory as more complicated treatment.

A third ingredient of most salad dressings is oil. The oil is the element that adds a caloric food value to the salad. It should be left out of salad dressings when they are used in a weight-reducing diet, as it belongs to the class of foods that produce heat, energy and fat.

With the exception just mentioned, salt, acid and oil form an excellent dressing for simple salads, as they do for cooked greens. The chief trick in making the more complicated dressings is to get the oil and acid combined in the form of an emulsion. To do this requires an emulsifying substance. The egg yolk is the best substance known for this purpose, and with it and the three elements mentioned we have the essential ingredients of the much-used mayonnaise dressing, the making of which reveals the cook's skill almost as much as the making of angel food.

SALAD DRESSINGS

COOKED CREAM DRESSING

3 tablespoons flour
3 tablespoons sugar
1 teaspoon butter
4 egg yolks
1 egg white
¼ teaspoon salt
Juice of lemon

Mix the flour in enough water to make a thin batter. Add one cup and three-quarters of water and all the other ingredients except the lemon juice. Cook in a double boiler until thick, stirring continually; then add the lemon juice. Just before serving add a little whipped cream.

FRENCH DRESSING

¼ cup olive oil
½ teaspoon salt
2 tablespoons lemon juice or vinegar

Put the oil, lemon juice and salt into a bottle, and shake until they are well mixed and thick. Mustard may also be added, if the dressing is not to be used for fruit salads. Delightful variations can be made with this dressing as a basis. It may be thickened by adding some mashed cream cheese, a little peanut butter, the yolk of a hard-boiled egg, or (for fruit salads) half a mashed banana. Chopped olives, or a spoonful or two of chili sauce add piquancy.

MAYONNAISE DRESSING

1 egg yolk
½ teaspoon fine sugar
½ teaspoon mustard
¾ cup salad oil
¼ teaspoon pepper
1 teaspoon salt
2 teaspoons lemon juice

Mix the dry seasonings, and add to the beaten yolk. Add the oil, a drop or two at a time, until the egg begins to thicken. Then add a little faster. Now add the oil and lemon juice alternately, thinning with the lemon. Use the ingredients so that the dressing will be thick when finished. The dishes and ingredients must all be cold. This is usually secured by setting them in the refrigerator for some time before the mixing is begun. In hot weather it may be necessary to have the bowl in which the beating is done set in a large bowl of cracked ice.

SOUR CREAM DRESSING

1 cup sour cream
1 teaspoon salt
4 tablespoons lemon juice
1 teaspoon sugar

Mix all together thoroughly. This is very good for vegetables.

CREAM SALAD DRESSING

1 egg
1 lemon
1 cup sweet cream

Beat the egg well, stir in sweet cream, and add the lemon juice.

PEANUT CREAM DRESSING

1 tablespoon peanut butter
1 teaspoon salt
¼ cup milk or water
Mustard, pepper and sugar are optional
Juice 1 lemon

Mix the peanut butter in a cup with half of the milk or water, adding more liquid until it forms a smooth mixture about as thick as cream. Now beat into it the salt and the juice of the lemon.

JUNKET AS A SALAD DRESSING

Junket made in the ordinary way with a little vanilla and sugar is a very fine dressing for any mild-flavored leafy salad. It is especially good with fruit salads. Serve it on the salad in place of the ordinary dressing. It is not exactly a dressing, but rather something to eat with the salad. Use about as much junket as you have salad.

Jellied Chicken with Green Peas. Page 237.

Hominy Fish Croquettes. Page 240.

Two Ways of Serving Lettuce and Tomato Salad.

RAW EGG DRESSING

2 eggs
½ cup salad oil
Juice of half a lemon
½ teaspoon salt

Beat the eggs and oil together, add the lemon juice and salt. This dressing should be freshly prepared, as it will not keep.

EGG WHITE DRESSING

Most of the egg flavor is in the yolks. A dressing similar to the above may be made of whites only. It will be a little stiffer and have a delightful creamy flavor if melted butter is used instead of oil. As the egg white is inclined to separate slightly, the mixture should be whipped up a bit just before serving. When one prepares a quantity of mayonnaise, there are extra whites which may be used in this way immediately, keeping the mayonnaise for later use.

EVAPORATED MILK DRESSING

1 cup unsweetened evaporated milk
½ cup salad oil
Juice 1 lemon
Mustard, sugar or other flavoring, as desired
1 teaspoon salt

Beat the milk and oil together. Then beat in the lemon juice and salt, and add sugar or other flavors. This dressing is just the right thick, creamy consistency. It is somewhat less fattening, but otherwise more nutritious than mayonnaise, and also less expensive and easier to make. It must be made fresh each time. Vinegar may be

used instead of lemon, but lemon is more wholesome and better flavored.

CREAM CHEESE DRESSING

½ 3-ounce cake cream cheese
½ cup thin cream or evaporated milk
Salt to taste

Beat the cheese with the cream or milk. Salt to taste and serve on salad. If you have a bitter-leaf salad, you may want some vinegar or lemon juice with this dressing, but for lettuce or cabbage the cheese has ample flavor. It needs no added oil, as there is enough fat in the cheese.

FRUIT-JUICE DRESSING

The juice of pineapples, or of any other tart fruit, may be made into a salad dressing by merely thickening it with cornstarch, using about two level teaspoons of starch to each cup of juice. The creamy starch-thickened juice will emulsify oil, but the oil taste does not combine well with the fruit juice, and neither does the salt. So you want nothing but the starch-thickened fruit juice. Such dressing is particularly good on a fruit salad. You can use the juice of canned pineapple for this dressing, and use the fruit for the salad.

GELATIN DRESSING

To a cup and a half of water, add the gelatin recommended for a pint. Heat in the usual manner until the gelatin dissolves. Add the juice of

one lemon and a teaspoonful of salt, setting in the refrigerator, or in cold water, to stiffen. In this dressing we have no fattening element; hence it is useful for a reducing diet. Lean folks can make an oil dressing out of the mixture by beating a quarter of a cup of salad oil into the gelatin before it begins to solidify.

GRAPE JUICE AS A DRESSING

Plain grape juice is an excellent dressing for almost any uncooked fruit salad.

SALADS

CRISP LETTUCE SALAD

Wash the leaves from a head of lettuce separately, and put on ice for an hour. Drain and shake out the water. Serve with French dressing.

UNCOOKED BEET SALAD

Wash raw beets carefully, cut in slices and run through a vegetable-chopper. Make dressing of three parts of lemon juice and one part of either olive oil or peanut oil. Mix thoroughly and serve.

RAW CARROT SALAD

Grate raw carrots, mix with chopped celery, and serve with mayonnaise.

TOMATO SALAD WITH HORSE-RADISH

3 good teaspoons grated horse-radish
1 tablespoon lemon juice
6 ripe tomatoes
½ cup thick, sweet cream

Beat the horse-radish and lemon juice into the cream. Slice the tomatoes, or cut into cubes, and put two or three slices, or a corresponding quantity of cubes, on each plate. Garnish with either lettuce or a sprig of parsley, and pour over each a teaspoonful of the dressing.

TOMATO AND CRESS SALAD

6 tomatoes
Watercress, equal quantity
Hard-boiled eggs
Olive or peanut oil
Lemon juice

Peel and slice the tomatoes, and pass the watery part through a fine sieve to remove the seeds. Make a dressing of the hard-boiled eggs and the strained tomato juice, with salt to taste. Add a little olive or peanut oil, and beat until creamy. Pick over and clean the watercress carefully, dip in salted lemon juice, and arrange in the center of a dish with the tomato rings around them. When ready to serve pour the dressing over the whole.

CABBAGE AND NUT SALAD

Put one small head of tender cabbage in cold water for an hour. Drain, and chop fine. Add one cup of chopped celery, one cup of chopped nuts and a minced onion. Garnish with ripe olives.

CARROT AND CORN SALAD

Mix two cups of raw corn, one cup of grated raw carrots and one cup of raw turnips. Sprinkle with chopped nuts, and dress with corn oil.

RAW CARROT AND COCOANUT SALAD

Grate raw carrots and cocoanut. Sprinkle with chopped almonds. Serve on lettuce, and garnish with ripe olives.

DANDELION AND ORANGE SALAD

Cut an orange in half, and carefully scoop out the center. Chop the orange, and mix with shredded dandelion which has been in ice-water for an hour. Serve in the orange shell with olive oil.

CARROTS AND TOMATOES

Mix an equal amount of diced ripe tomatoes and ground carrots. Serve with an oil and lemon dressing on lettuce leaves.

SOUR CREAM SALAD

Chop tomatoes, and mix with chopped celery and sour cream. Sprinkle with ground almonds.

COMBINATION RAW SALAD

Grind sweet potatoes, carrots, apples, yellow turnips, beets, seeded raisins and pecans in equal portions. Stir salad oil into the mixture, and let stand in a cool place for several hours. Serve with a dressing of lemon juice and a little sugar.

MINCED CELERY AND PIMENTO

Mince celery with half the amount of shredded cocoanut and pimentos. Serve with mayonnaise.

DANDELION SALAD

Shred lettuce, endive, dandelion leaves, cress, beet tops and spinach. Mix with any nut butter. Serve with lemon juice.

CUCUMBER AND TOMATO SALAD

Cut very thin slices of carrots, cucumbers, radishes and tomatoes. Serve with mayonnaise or sour cream.

CUCUMBERS AND GREEN PEAS

Mix one part each of diced apples, ground pecans and green peas with two parts of diced cucumbers. Serve on lettuce leaves with French dressing.

COCOANUT SALAD

Mix one cup of shredded lettuce with one cup of shredded cocoanut. Pour over the mixture cocoanut milk and lemon juice.

DATE AND CELERY SALAD

Chop fine a small amount of celery and dates, and mix with cream cheese. Serve on lettuce leaves with French dressing.

ENDIVE SALAD

The blanched white portion of the endive is the more delicately flavored; but the greener leaves may be used as well, especially if combined with lettuce, cabbage, or other ingredients of milder

flavor. Ripe olives are especially palatable with the slightly bitter endive flavor.

COLD SLAW

Cold slaw, or, more properly, cole slaw, is just a simple cabbage salad as its name originally implied. It is quickly prepared and available the year round. It is usually dressed with a French dressing, but is equally good with mayonnaise.

SOUR CREAM SLAW

½ head cabbage
2 tablespoons vinegar
2 eggs
½ cup thick sour cream

Shred the cabbage very fine, and soak in ice-water. Drain and dry. Put the vinegar into a saucepan, and when it is boiling, add the eggs, well beaten. Remove from fire, mix the sour cream to form the dressing for the cabbage.

LETTUCE AND ONION SALAD

Take equal quantities of lettuce and onions; shred the lettuce, and mince the onions, tops and all. Add half a cup of cottage cheese and the same amount of fresh grated cocoanut. Pour over it two tablespoonfuls of lemon juice and a little honey.

UNCOOKED CAULIFLOWER SALAD

Break up the heads into the florets, add to lettuce or other simple vegetable, and dress with cream or mayonnaise dressing.

TOMATO SANDWICH SALAD

Select firm large tomatoes, and slice rather thin. Garnish a salad dish with lettuce leaves, placing a large leaf in the center. Place a large slice of tomato on this leaf, pour over it mayonnaise dressing, and follow with another lettuce leaf, slice of tomato and dressing. Top off this salad with grated cheese, or ground nuts.

CREAMED LETTUCE

Mix one cup of either sweet or sour cream with three tablespoons of lemon juice and one tablespoon of sugar. Arrange the lettuce, and pour the cream mixture over it.

STUFFED CELERY

Wash and trim large stalks of celery. Then fill the groove of each stalk with any butter-like mixture. The base of this may be peanut butter, or any soft cheese. To these may be added finely-chopped parsley, or green pepper, or onion.

CABBAGE AND ONION SALAD

Chop onions and cabbage fine. Garnish with lettuce leaves or parsley, and serve with mayonnaise.

UNCOOKED VEGETABLE MEDLEY

Chop very fine one medium-sized onion, a carrot two stalks of celery and one turnip; place in a dish with slices of tomato and hard-cooked eggs. Serve with French dressing.

UNCOOKED VEGETABLE SALAD

Chop together about one-quarter of a small head of cabbage, one carrot, one onion and three stalks of celery. Serve on lettuce leaves, with sliced tomato and French dressing.

CABBAGE LEAF ROLL

Select large thin cabbage leaves, and spread with cream cheese, or with peanut butter thinned with a little cream or condensed milk. Roll the leaves, and fasten together with toothpicks.

COTTAGE CHEESE AND CABBAGE SALAD

Shred the cabbage fine, and mix with an equal quantity of cottage cheese. Then stir in a liberal quantity of mayonnaise dressing, or, if preferred, a dressing of lemon juice and olive oil.

ENDIVE CHEESE SALAD

To half a cup of cottage cheese add half a cup of thick, sweet cream. Then stir in one cup of shredded endive and one large onion, minced. Serve on a lettuce leaf, and garnish with small cubes of tomatoes.

ASPARAGUS SALAD

Steam one bunch of asparagus for twenty minutes. Cool, cut off the tender portions, and arrange on lettuce leaves. Also put a large teaspoonful of mayonnaise or cream salad dressing on each lettuce leaf. A border of pimento makes a pretty garnish.

SPINACH SALAD

Clean some tender spinach, washing in several waters to remove sand; cut it up fine, and pour over it a dressing with a little onion juice and salt beaten into it.

RAW CORN SALAD

By slitting the rows of uncooked corn, the pulp may be easily scraped out. This makes a very delicious uncooked ingredient for salads. Combine it with celery, lettuce, or nuts, with a simple dressing.

TOMATO BASKETS

Peel and scoop out the inside of large tomatoes; sprinkle them with salt, and turn upside down to drain. Chill, and then fill with the following mixture:

1 cup shredded pineapple — 1 cup English walnuts, chopped

2 tablespoons mayonnaise

Put mayonnaise on top of the baskets, and serve on lettuce leaves.

STUFFED BEET SALAD

Boil beets until tender. When cold, skin and cut off a slice from the stem end, so that they will stand. Then scoop out the centers, fill with lemon juice, and let stand a while. When ready to serve, pour out the lemon juice and fill with chopped celery and mayonnaise dressing.

STUFFED TOMATOES

Mix minced celery, onions, cabbage and pitted ripe olives with some chopped tomatoes and grated cheese. Stir in enough French dressing to cover nicely. Select medium-sized tomatoes, and cut a slice off the stem end. Remove the inside, and fill with the above mixture. Serve on a salad dish garnished with lettuce leaves. Place a spoonful of salad on each leaf, then sprinkle with grated cheese.

SALAD OF APPLE AND GREEN PEPPERS

Peel, core and dice three tart apples. Chop two peppers fine and mix with the apples. Add mayonnaise and serve on lettuce. Garnish with strips of green pepper.

OLIVE SALAD

1 cup ripe olives
½ cup chopped celery
½ cup chopped walnuts
1 head lettuce
½ green pepper
2 tablespoons grated pineapple
3 tablespoons French dressing
Mayonnaise

Drain, halve and seed the olives. Mix with the celery, nuts, pepper, pineapple and French dressing. Serve on the lettuce leaves with mayonnaise on each portion. In the center place one stoned olive.

NUT AND OLIVE SALAD

1 head lettuce
1 cup mixed nuts
24 olives
2 good-sized apples
1 head celery
Juice 1 lemon
Olive oil

Chop the nuts, cut the celery into small cubes, and mix. Pare and dice the apples, and add to the nuts and celery. Stone the olives, and add to the mixture. Add oil and lemon juice. Mix again, and serve on lettuce leaves.

PIMENTO CHEESE SALAD

Shape small-sized balls of pimento cheese, and roll them in finely-ground pecan nuts. Press half a white grape on either side of the cheese. Arrange on lettuce leaves, and cover with mayonnaise to which a little whipped cream has been added.

COTTAGE CHEESE SALAD

1 cup cottage cheese
1 small cucumber
1 pimento
½ cup celery
Cream
Mayonnaise

Chop the cucumber, pimento and celery fine, and work in the cottage cheese, mixing in enough cream to make it soft. Roll into a long mould, slice, and serve on lettuce with mayonnaise.

CHEESE AND NUT SALAD

Mix equal quantities of grated cheese and chopped nut meats with about one-quarter as much mayonnaise dressing. Form into balls, and serve on any salad leaves.

POTATO AND CUCUMBER SALAD

4 potatoes
1 onion
1 cucumber
1 head lettuce
1 stalk celery
1 green pepper
3 olives
2 hard-boiled eggs
½ pimento
Mayonnaise
French dressing

Boil the potatoes, and when cold peel and cut into cubes. Place these for twenty minutes in French dressing to which has been added the juice of the onion. To a thin mayonnaise add the cucumber, celery, green pepper and olives, all chopped fine. Line the salad bowl with lettuce. Mix the potatoes with the mayonnaise, and turn into the salad bowl. Garnish with the hard-boiled eggs and strips of pimento.

RED VEGETABLE SALAD

1 cup boiled potatoes
1 cup boiled beets
1 cup uncooked red cabbage
3 tablespoons oil
3 tablespoons vinegar in which beets have been pickled
Paprika

Cut the cooked vegetables in small cubes, and shred the cabbage as fine as possible. Mix all the ingredients, and put in a cold place for one hour. Serve with French dressing and a sprinkling of paprika.

STRING BEAN SALAD

Steam the string beans until tender. Cool and mix with French dressing, sprinkle with half a teaspoon of minced onion, one teaspoon of chopped parsley and one teaspoon of chopped green pepper. Serve on lettuce leaves. The string beans may be arranged on a dish log-cabin style, and the center filled with cream cheese balls. Serve toast sticks with the salad.

SWEET POTATO SALAD

1 cup diced boiled sweet potato
½ cup chopped celery
1 pimento
A few stoned olives
Mayonnaise

Mix all together and serve on lettuce leaves.

VEGETABLE JELLY

2 tablespoons gelatin
½ cup cold water
1 cup boiling water
½ cup lemon juice
½ teaspoon sugar
¼ teaspoon salt
2 tomatoes
1 cup celery, chopped
1 cup cabbage, chopped
1 pimento, cut fine
1 cucumber chopped

Dissolve the gelatin in the cold water, then add the boiling water. Add the sugar, salt and lemon juice, and when cold add the chopped vegetables. Pour into individual moulds, and set on the ice. When it is set serve on lettuce leaves. Put mayonnaise on top.

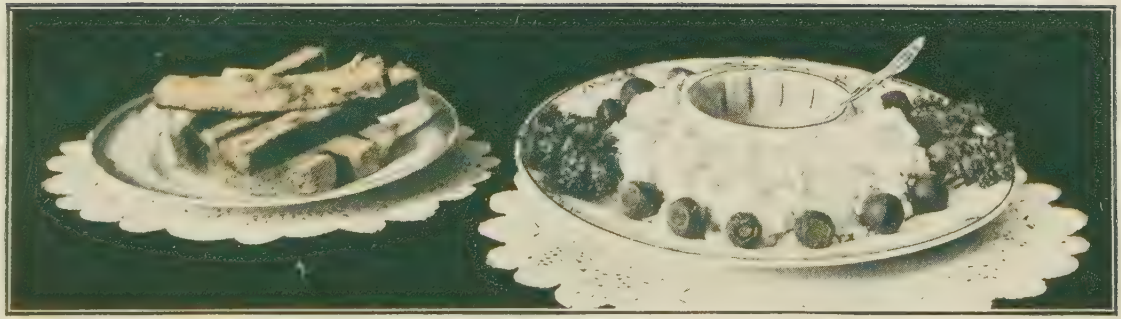
VEGETABLE COMBINATION SALAD

½ cup cooked beets
½ cup cooked string beans
½ cup chopped celery
½ cup raw cabbage, finely shredded
½ cup cooked peas
1 small onion, thinly sliced
Lettuce
French dressing

Mix the vegetables with the dressing, and serve on the lettuce leaves. Place the onion rings on top of each serving. Pour over a little more dressing.

Little Pigs in Blankets. Page 239.

Casserole Cookery. Page 107.



Cheese Salad. Page 261.

Log Cabin Salad. Page 265.

COOKED VEGETABLE SALAD

½ cup green peas
½ cup asparagus
¾ cup mayonnaise
½ cup cauliflower florets
⅛ cup string beans
½ cup carrots
Lettuce

After the vegetables have been steamed and allowed to cool, mix them, all but the cauliflower, with the mayonnaise dressing. Arrange on the lettuce leaves, and garnish with the little heads of cauliflower. Serve cold.

CELERY AND PEA SALAD

Cut some crisp celery into small pieces. Drain the liquid from a can of peas, wash in cold water, drain again, and mix well with the celery. Make a lemon and oil dressing, and pour over the mixture. Mix and serve.

CELERY AND NUT SALAD

Cut crisp celery into small pieces; wash and put in cold water, while you make either a lemon and oil dressing, or a mayonnaise. Drain the celery, pour the dressing over it, and mix well. Before serving garnish with halves of walnuts, or any nuts preferred.

EGG SALAD

5 hard-boiled eggs
¾ cup chopped celery
1 onion, chopped fine
1 red pepper, chopped
Mayonnaise mixed with whipped cream
1 cucumber, chopped fine

Cut the eggs into melon-shaped pieces, mix celery, onion and cucumber in a salad bowl, and add

the dressing. Serve on lettuce leaves, and garnish with the red pepper.

EGG AND OLIVE SALAD

2 hard-boiled eggs
1 head lettuce
1 boiled beet
24 ripe olives
1 teaspoon onion juice

Stone and chop the olives; dice the beet; slice the eggs. Mix all together, and season with the onion juice and French or mayonnaise dressing. Serve on lettuce leaves.

MACARONI SALAD

2 cups cooked macaroni
1 tablespoon onion, chopped
1 cup celery, chopped
½ cup nuts
¼ cup green pepper, chopped
1 cup chopped cabbage
2 cups shredded pimento
2 hard-boiled eggs

Slice the eggs, add the macaroni, cut up rather fine, then the chopped vegetables and nuts. Mix with mayonnaise dressing, and serve on lettuce leaves. Garnish with pimentos.

COOKED CORN SALAD

Add equal parts of fresh boiled corn, cut from the cob, and boiled cold rice. Add chopped olives and a small cucumber pickle, also chopped. Mix thoroughly and add mayonnaise. Serve on lettuce leaves.

CAULIFLOWER SALAD

1 large cauliflower
Boiled beets
1 cup cream or mayonnaise dressing
Lettuce

Steam the cauliflower for half an hour. Drain and cool. When cold divide into small tufts. Arrange in the center of a dish which has been lined with lettuce leaves, and border with strips of boiled beets. Pour the dressing over the cauliflower, and arrange a star of the boiled beets in the center.

BRUSSELS SPROUTS SALAD

Make a combination salad of chopped tomatoes, cabbage, celery and onions. Cover a salad dish with the blanched cup-like leaves of Brussels sprouts. On one leaf drop a spoonful of the combination, and on the next creamed cottage cheese. Alternate in this manner until all are filled. Then pour a mayonnaise dressing over all.

RAISIN SALAD

½ cup cottage cheese ½ cup grated carrots
½ cup seedless raisins

Mix all together, and serve on lettuce leaves with French dressing.

JELLY AND CHEESE SALAD

1 tablespoon gelatin ¾ cup grated cheese
1 cup hot water 1 cup whipped cream
Salt and paprika to taste

Dissolve gelatin in hot water. When cool add the cheese, whipped cream, salt and paprika. Pour into small moulds, and serve on lettuce leaves with French dressing.

CHEESE AND APPLE SALAD

1 cup cottage cheese
2 tablespoons melted butter
French dressing
2 apples
1 tablespoon chopped onion
1 tablespoon chopped parsley

Mash the cheese, add the butter, and roll into balls the size of a walnut. Slice the apples thin, and mix with the onion and parsley. Put a tablespoon of this on lettuce leaves, with two cheese balls on either side, and pour the French dressing over it.

LUNCHEON SALAD

2 pimentos
½ cup grated cheese
24 olives
1½ cups boiled rice
½ teaspoon paprika
6 tablespoons cream
Lettuce

Wash the lettuce and put in ice-water. Mix the cheese, cream and paprika until smooth; then form into balls. Shred the pimentos and stone the olives. Arrange the lettuce leaves on a plate, put a tablespoon of rice on each one, and then the cheese balls. Garnish with pimentos and olives. Pour French dressing over the whole.

APPLE AND CELERY SALAD

Chop two tart apples, and mix with them one cup of chopped celery and a finely-chopped green pepper. Fold in mayonnaise, and serve on lettuce leaves.

FRUIT SALAD I

2 oranges
2 slices pineapple
¼ pound white grapes
1 tablespoon sugar
1 banana
¼ cup whipped cream
Mayonnaise
Lettuce

Cut the oranges in cubes; seed the grapes; shred the pineapple; and sprinkle one tablespoon of sugar over them. Put on ice until ready for use. Then cut up the banana, mix with the other fruit and arrange on lettuce leaves. Cover with the mayonnaise and whipped cream, thoroughly mixed.

FRUIT SALAD II

2 bananas
¼ pound grapes
1 orange
½ cup strawberries
½ apple
Mayonnaise
Whipped cream

Seed the grapes; cut the bananas, orange and apple into cubes; halve the strawberries. Mix all together and serve on lettuce leaves. Put a tablespoon of the mayonnaise and whipped cream over each portion.

FRUIT SALAD COMBINATIONS ON LETTUCE LEAVES

Orange, bananas, nuts, marshmallow, fruit dressing.

Pineapple and cucumber, mayonnaise.

Apples, nuts, raisins, marshmallows, lemon juice, fruit dressing.

Cherries stuffed with filberts, mayonnaise.

Prunes (soaked), celery, nuts, mayonnaise.

Pears, celery, nuts, fruit dressing.

Cantaloupe or casaba, fruit dressing.

Pineapple, banana and lettuce, peanut-butter dressing.

STUFFED PRUNE SALAD

1 dozen prunes
1 orange
½ lemon (juice)
1 cup chopped pineapple
1 banana
Honey
Walnut meats

Remove the pits from the prunes, and fill with walnuts. Cut the orange and bananas into cubes, and mix with honey and the chopped pineapple. Serve in glass dessert dishes. Put two or three prunes on top, and sprinkle all with lemon juice.

PINEAPPLE WITH NUT SALAD

1½ cups pineapple
⅓ cup preserved ginger
1 tablespoon grated cocoanut
1 tablespoon chopped pecans
Whipped cream

Mix the pineapple, ginger, grated cocoanut and pecans with enough ginger syrup to moisten. Place in small dessert dishes, and put whipped cream on top.

PEAR SALAD

Cut large ripe pears in quarters, remove seeds, core, and stuff with nuts. Place on lettuce leaves, and serve with boiled dressing to which one cup of whipped cream has been added. Garnish with berries.

GRAPE AND NUT SALAD

Dress with French dressing equal quantities of seeded white grapes and English walnuts. Serve on cress or lettuce with cream cheese balls. For variety the grapes may be stuffed with filberts.

CRANBERRY SALAD

Stew one cup of cranberries in as little water as possible, and when done sweeten with one cup of sugar. When cold add to them half a cup each of chopped nut meats, chopped celery and chopped apples. Add the juice of half an orange and half a lemon, and fold in a small quantity of mayonnaise dressing, made without mustard.

FIG SALAD

½ pound figs
¼ cup pecan nuts
¾ cup chopped pineapple
1 small green pepper
Olives
Lettuce
Mayonnaise

Chop the figs and the pepper, and add to the nuts and pineapple. Mix with mayonnaise, garnish with olives, and serve on lettuce leaves.

BANANA AND NUT SALAD

Remove the skins from the bananas, split in two lengthwise, roll in chopped nut meats, and place on lettuce leaves. Put a tablespoon of mayonnaise on top and a maraschino cherry on the mayonnaise.

PINEAPPLE AND BANANA SALAD

Arrange slices of canned or fresh pineapple, with the hard center cut out, on lettuce leaves. Cut the bananas in halves, and set each half in the center of a slice of pineapple, end up. To get the effect of a candle with glowing wick place a maraschino cherry on the end of each banana. Serve with any favorite dressing and pass sweet wafers with it.

APPLE SALAD

Core red apple, and slice in thin round slices. Place about three slices on a lettuce leaf, and put three little balls made from cream cheese and nuts upon the slices. Pour a salad dressing over all. Chill and serve.

APPLE AND NUT SALAD

Take equal quantities of walnuts, pecans and almonds, and chop rather fine. Use the same amount of apple (also finely minced), add the nut mixture, and stir well together. Pour over this a generous quantity of mayonnaise dressing, and serve on a garnished salad dish, tastefully arranging a few olives on top.

BRAZILIAN NUT LAYER SALAD

Prepare this salad in a large glass dish, and serve with whipped cream. Have the first layer consist of sliced bananas and oranges, with a thin layer of sliced Brazilian nuts added. Follow this with sliced peaches and chopped dates. Add another

layer of nuts, and one of pineapple and sliced pears. Sprinkle with grated cocoanuts, and on top arrange a few slices of the nuts and small pieces of sliced orange.

BRAZILIAN FRUIT SALAD

Take equal portions of chopped dates and sliced strawberries; add the desired quantity of sliced Brazil nuts. To one cup of this mixture add, just before serving, the beaten white of an egg.

CREAMED FRUIT SALAD

To half a cup of grated sweet apples add the same amount of mashed bananas and two-thirds of a cup of thick, sweet cream. Beat very thoroughly together. Stir in half a cup each of cubed pears and cubed pineapple. Serve in a dessert dish and cover with whipped cream.

IMPERIAL FRUIT SALAD

Take a quarter of a cup each of pineapple, banana, orange and apple, cut into dice; a quarter of a cup of white grapes, cut in halves; and a quarter of a cup of strawberries, cut in quarters. Have all ingredients ice-cold. If canned fruit is used, take the juice from the different kinds, beat up until foamy, and mix with the fruit, taking care not to break the latter too much. Arrange the fruit on lettuce leaves, and place a spoonful of whipped cream on each dish, also a whole Maraschino cherry. Keep the dish on ice until ready to serve.

LETTUCE AND GRAPEFRUIT SALAD

Cut the fruit crosswise, and pick out the pulp with a silver fork, carefully avoiding seeds and the white bitter membrane. Line a salad dish with white, crisp lettuce leaves; then put in alternate layers of grapefruit and chopped English walnuts, until the dish is full. Pour over it a dressing made of lemon and oil, and set on ice until ready to serve.

CANTALOUPE SALAD

Scoop out the inside of the melon with a teaspoon, and put the pieces on ice. Also chill the shells. Make some cream cheese balls, adding chopped nuts and a little sugar. When ready to serve, put the pieces of melon, the cheese balls and shredded lettuce into the empty shells, and pour over all a boiled fruit salad dressing to which has been add a little whipped cream.

CHAPTER XXV

Sandwiches

SANDWICHES are ideal for picnics, or for social events at which there are more people to be served than can be easily seated at the table. They are equally well adapted for school children, or workmen, who must carry their lunches. Sandwiches may also find a useful place at the family table, especially in those cases in which one is wavering between the two-meal and the three-meal plan of serving the daily food.

Perhaps you feel that two meals are not enough, and yet are convinced that three "regular meals" are too much and are leading to overeating. If so, try the plan of making one of the meals "irregular." It may be warm or cold, and served at the regular table or elsewhere, as you like. Soups, salads, sandwiches and fruit are all good items for this meal, but if you use all of them at once you are likely to have a full meal in bulk. Any two of them is a better combination for the purpose in mind, and one of these two items may very suitably be sandwiches. Sandwiches with a nutritious beverage make a wholesome and convenient half-sized meal. Milk is, of course, the best beverage for the purpose.

Any type of bread is suitable for sandwiches, but rye bread is often preferred for meat fillings, or salad-like mixtures. Whole-wheat bread is nearly as good for this type of filling, and is decidedly better for fruit or sweet-flavored fillings. Variety and delicious combinations of flavors may

be obtained by using nut and fruit breads for sandwiches. Filled with a little butter or jam the nut and fruit breads make most delicious sandwiches.

Sandwiches with meat fillings will be found in the meat chapter.

For social affairs the bread may be cut into fancy shapes.

RAISIN AND NUT SANDWICH

Chop very fine equal parts of raisins and walnut meats. Moisten with lemon juice, and spread between slices of buttered bread.

NUT AND DATE SANDWICH

Mix finely-chopped nuts, dates and raisins, moisten with grape or lemon juice, and spread on buttered bread.

EGG, OLIVE AND RAISIN SANDWICH

Mix stuffed olives, hard-boiled eggs and raisins, all finely chopped; moisten with cream or salad dressing and spread on buttered bread.

TOMATO SANDWICH

Place slices of firm tomato between lettuce leaves which have been coated with mayonnaise dressing. Use this as a filling for rye bread.

TOASTED CHEESE SANDWICH

Butter slices of bread, spread with American or pimento cheese, rubbed through a grater, and

worked with a little butter until smooth. Put two slices together, and toast till brown on both sides. Serve at once.

CHEESE AND NUT SANDWICH

Chop English walnuts, almonds, or pecans, and mix with Roquefort cheese softened with a few drops of lemon juice. Season with paprika.

PIMENTO CHEESE SANDWICH

Soften cream cheese with milk or cream, and mix with pimentos.

PRUNE CHEESE SANDWICH

Soak or steam prunes, pit and put through a food-chopper. Add half as much cottage or cream cheese and a little melted butter. Mix well and use as sandwich filling. This is especially fine on nut bread.

BRAZILIAN SANDWICHES

- 6 Brazil nuts
- 1 tablespoon strawberry jam
- 1 teaspoon chopped celery
- 1 package cream cheese moistened with sweet cream
- Rye bread

Blanch the nuts, and chop very fine. Mix with the other ingredients until the paste is thin enough not to break the bread while it is being spread. Cut the bread very thin.

RAISIN SANDWICHES

Spread a slice of whole-wheat bread, first with butter and then with peanut butter. Add a layer of raisins, either chopped up very fine, or just laid close together. Use either the small sultana raisins, the large seeded ones, or the layer fruit.

PECAN AND OLIVE SANDWICHES

Mince and mix pecans and olives, and add just enough onion to flavor slightly. Spread the bread with butter and then with the above filling.

OLIVE AND NUT SANDWICHES

Remove the stones from ripe olives, and chop very fine with the same amount of pecan meats. To three spoonfuls of this mixture add one spoonful of cottage cheese. Mix thoroughly, and place a generous layer between well-buttered slices of Graham bread.

ONION AND PEANUT BUTTER SANDWICHES

To two large spoonfuls of peanut butter, mixed to a cream with milk, add four large spoonfuls of grated cheese and two spoonfuls of minced onions. Spread in thick layers between thin, well-buttered slices of whole-wheat bread.

ADDITIONAL SANDWICH FILLINGS

Dates chopped fine with cream cheese.

Finely chopped olives with chopped hard-boiled eggs. Mix with mayonnaise.

Hard-boiled eggs and green peppers, chopped fine. Blend with cream.

Cream cheese mixed with cream and added to chopped green peppers.

Chopped onion, lettuce leaves and mayonnaise.

Chopped figs and English walnuts mixed with a little cream.

Chopped dates and walnuts mixed with a little cream.

Any sweet, dried fruit, softened by soaking or steaming, chopped and mixed with nut meats or peanut butter.

CHAPTER XXVI

Fruit

FRUITS are nature's most finished foods. I do not mean most nutritious or most necessary, though they are important to a healthful diet, but rather that, as they come ripe from the parent plant, they are complete in flavor and digestibility and can rarely be improved upon.

Very few fruits, when thoroughly ripened, are improved by cooking. And in this case, as in that of leafy vegetables, we have good scientific reason for eating at least a part of such food raw. The antiscorbutic vitamin is very abundant in acid fruits, orange or lemon juice being the standard remedy for scurvy. Other fresh acid fruits have similar effects, notably the tomato, which is really a fruit in its composition and dietetic uses.

Fruit acids in general seem to have some distinct function to perform in the body, which is probably associated with this particular vitamin, since its power is quickly destroyed when the acids are neutralized with alkalies. Thus to add soda to tomatoes, as is sometimes done in making tomato soup, is to destroy their most valuable property. The fruit acids are often combined mineral salts which must not be confused with alkalies. These acids and salts give the fruit its distinctive qualities. Other than these elements the chief ingredient is sugar.

Adding sugar to fruit does not improve its nutritive qualities, except to give additional heating and fat-producing elements. Cane sugar is less whole-

some, especially in the diet of the young, than are the natural sugars of fruits. Fruits may be sweetened with profit when the object is to furnish a heavier diet, but when there is a tendency to overeat, or accumulate fat, cane sugar should be kept down to a minimum and fruits eaten as nearly as possible in their natural state.

In order to be perfect for eating uncooked and unsweetened, fruits should be thoroughly ripened on the parent plant. The requirements of commercial marketing render it impossible for all fruits to be so ripened, and many of them are picked green and allowed to finish the ripening process on the way to market. One distinct advantage of canning or dehydrating near the producing orchard is that the fruits may be thoroughly ripened on the tree.

The banana is much more delicious when thoroughly ripened than it is in the condition in which it is too often eaten. The skin of the ripe banana is not yellow, but black, a condition in which the commercial fruit, which has been bruised in handling, has usually started to spoil. The best way to get good bananas is to buy them while still quite yellow and sound and allow them to ripen at your home, when they may be eaten just at the right stage, in which they are well speckled with black spots.

Green fruit is often improved by cooking, for the changes that occur in the cooking process are not dissimilar to the changes that occur in the natural ripening. Some of our fruits are seldom allowed to ripen, being picked green and cooked;

for illustration, the gooseberry. Some green fruits that are unpalatable raw become quite edible when cooked, as unripe apples or green grapes, or green tomatoes. I know of no serious objection to using them in this way, and it often adds an interesting variety to the diet, virtually giving us two kinds of food from one plant. In fact, many vegetables which we eat habitually are nothing but the "fruit" of the plant picked in an immature state, for example green peppers and string beans.

BANANA WHIP

Use only very ripe bananas. Mash and add half as much whipped cream. Stir well together, dress with ground nuts, and serve immediately, as bananas soon turn dark.

UNCOOKED FRUIT BUTTER

Use any kind of dried fruit. Soak in a little lukewarm water until very soft. Sweeten with sugar or honey, and serve with whipped cream.

MARBLE DESSERT

Mince equal quantities of dates, figs, bananas and apples. Add grated cocoanut and black raisins. May be served with cream.

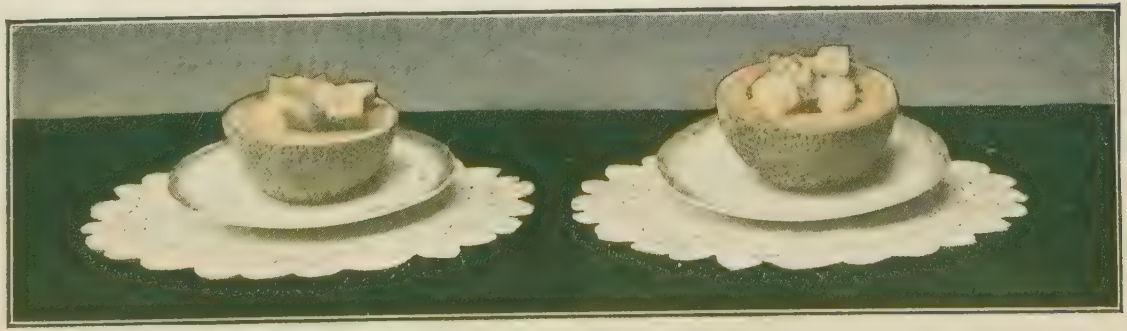
APPLE DESSERT

Select a large, rosy apple, and cut in halves. Remove the greater part of the inside. Mix the

Grapefruit Jelly with Marshmallow Garnish. Page 303.

Ice Cream with Sponge Fingers. Page 307.

Pineapple and Banana Salad. Page 274.



Cantaloupe Salad. Page 276.

pulp with nuts and dates, and put the mixture back into the apple. Serve with whipped cream.

DRIED APRICOTS—STEWED

Soak two cups of dried apricots overnight in enough water to cover. In the morning put them on to cook, and boil gently until they are soft; add half a cup of sugar, and then cook five minutes longer.

BAKED PEACHES

Peel, cut in halves and remove stones from large peaches. Place in a shallow baking-pan, and fill the cavities with one teaspoon of sugar, half a teaspoon of butter, a few drops of lemon juice and a slight grating of nutmeg. Bake twenty minutes. Serve on circular pieces of buttered toast.

RHUBARB SAUCE

Peel the rhubarb and cut into inch pieces. Sprinkle with sugar, and let it stand several hours, by which time there will be sufficient juice in which to cook it. Cook until soft.

Rhubarb may be baked in an earthen dish. If baked slowly for a long time, it has a rich red color.

STUFFED PRUNES

Remove the pits from prunes which have been cooked until tender but not long enough to be soft. Stuff with English walnuts, and serve with whipped cream.

APPLE GINGER

10 apples
3 cups brown sugar
1½ lemon
½ ounce ginger-root

Pare and chop the apples; put in a stew-pan with the sugar, the juice and rind of the lemon and the ginger-root. Add a little salt and enough water to keep the apples from burning. Cover, and cook slowly four hours, adding water if necessary. This may be kept several weeks.

BAKED APPLES WITH HONEY

Peel, quarter and core the apples, and place in a shallow baking-dish. Pour over them half a cup of honey mixed with one cup of water, and bake.

BOILED APPLES WITH CHEESE SAUCE

5 large apples
1 cup cream sauce or white sauce made of rich milk
1 tablespoon sugar
½ cup grated cheese

Pare, core and boil the apples until tender. Drain and set on a hot dish. Add the sugar and cheese to the hot rich cream sauce; pour over the apples and serve.

BAKED PEARS

Wash, quarter and core pears. Put in a deep pudding-dish, sprinkle with sugar, or drench with honey, and then add enough water to prevent burning. Cover, and cook in a slow oven for two hours.

FIGS IN HONEY

Soak half a pound of washed whole figs until they are soft; then stew them in a cup of honey and a cup of water until they are tender. They may be served hot with a little of the juice, or they may be cooled and served with cream.

UNCOOKED FRUIT COMBINATION

Cut into small pieces the following fruits: Pears, peaches, cantaloupe, a few strawberries and red raspberries. Sweeten to taste, and add a small glass of pineapple juice. Serve very cold. For special occasions the fruit combination may be served in orange baskets.

FRUIT COCKTAIL

- 1 grapefruit
- ½ cup shredded pineapple
- 1 banana
- ½ cup strawberries
- ½ lemon (juice)
- ⅓ cup orange juice
- ½ cup sugar

Remove and cut up the pulp from the grapefruit, and mix with the pineapple and banana, cut in small cubes, and the strawberries, cut in halves. Pour over the mixture a dressing made with the orange juice, the lemon juice and the sugar. Chill thoroughly.

FRUIT CUP

- 2 oranges
- 1 banana
- 4 figs
- Honey
- ½ cup pitted cherries
- ½ cup pitted dates
- 1 tablespoon lemon juice

Cut the fruit in cubes, and mix with the lemon juice and enough honey to sweeten. Chill and serve in glasses.

CHERRIES AND PINEAPPLE

2 cups chopped pineapple
4 tablespoons sugar
1 cup pitted cherries

Mix, and pour over the whole any fruit juice you have left. Serve cold.

CHERRIES AND STRAWBERRIES

1 cup cherries
1 cup strawberries
2 cups pineapple
4 tablespoons sugar

Pit the cherries; cut the strawberries in halves; cut the pineapples in cubes. Mix the fruit and sweeten with sugar.

CANTALOUPE SUPREME

Having chilled the melon, take out the seeds and scoop out the meat with a spoon. Add a few segments of chilled grapefruit, and sprinkle with powdered sugar. Return to the shells and serve on individual plates.

DAINTY DATES

Remove the seeds from the dates, place blanched almonds in their place, and roll in powdered sugar. Serve with whipped cream.

FRUIT JUMBLE

To half a cup each of raspberries, blackberries and sliced strawberries, add six figs and one dozen dates, finely chopped; one cup of pitted sweet cherries; three bananas, sliced very thin; one cup of pineapple, cut into cubes; and three sweet oranges, sliced in small pieces. Mix thoroughly, and serve in dessert dishes, sprinkling with freshly grated cocoanut.

RED RASPBERRY MOUSSE

To one pint of crushed berries, add one cup of mashed bananas and half a cup of grated cocoanut. Stir well, and serve in dessert dishes. Evenly arrange three spoonfuls of whipped cream on top, and put three red berries on each spoonful of cream, with a walnut meat in the space between.

BERRY TOAST

Put a pint of berries on the stove to boil. Rub a tablespoon of flour in cold water, and when the berries come to a boil thicken the juice with it. Pour the mixture over slices of hot whole wheat toast.

PRUNE-WHIP WITH EGG WHITE

Wash the prunes and soak overnight. Next morning rub through a colander. Add powdered sugar, and fold in the stiffly-beaten whites of eggs. This dish may be served as described without cooking,

or it may be placed in the oven and baked for a short time.

BANANA WHIP

Mash the bananas through a colander, and mix with powdered sugar and beaten egg white. Like similar dishes this may be served either uncooked or cooked.

PRUNE JELLY

1 cup cooked prunes, cut in quarters
3½ cups prune juice
2½ tablespoons granulated gelatin
½ cup cold water
2 tablespoons lemon juice
½ teaspoon grated lemon rind
⅓ cup syrup

Soften the gelatin in cold water; then dissolve in the hot prune juice. Add syrup, lemon rind and juice. Strain. When syrupy add the prunes. Stir while becoming firm to prevent the prunes from settling. Chill.

PLUM CONSERVE (without sugar)

2 dozen plums
½ pound raisins
½ cup cold water
¼ cup walnuts
2 oranges
⅓ cup honey

Wash the plums and cut in pieces; add the chopped raisins, with the orange pulp and peel, cut very fine, and add the water and the honey. Boil until it is of the consistency of marmalade (about an hour and a half of slow cooking). Add the walnuts five minutes before removing from fire.

DRIED APRICOT CONSERVE

½ pound dried apricots
1 pint cold water
1 cup raisins
1 whole orange
½ cup nuts
1 cup syrup

Soak the apricots overnight in cold water. Next morning slice the oranges very thin, and cut the slices in small pieces. Add these, with the raisins, the syrup and some lemon juice, to the apricots. Bring to the boiling point, and simmer for about an hour and a quarter. Fifteen minutes before removing from the fire add the nuts.

ORANGE AND RHUBARB MARMALADE

8 oranges
8 cups sugar
4 pounds rhubarb

Peel the oranges, and slice crosswise in as thin slices as possible. Remove the seeds and tough parts. Put into a preserving kettle; add the rhubarb cut in half-inch pieces, and the orange rind cut into small pieces. Cook slowly for two hours. Then add the sugar, and cook another hour (until it is the consistency of a jelly). Turn into glasses.

FRUIT AND NUT COMBINATIONS

Nut and fruit combinations are among the most popular dishes in the natural or uncooked diet. Recipes are scarcely necessary, as almost any combination of nuts with fruits, particularly the dried sweet fruits, are very tasty, while the qualities of these two groups of food supplement each other,

and thus serve to make a complete meal. I will list below a few of the combinations which are most popular among those who have tried the natural diet.

RAISINS WITH RAW PEANUTS

Combine four ounces of raw peanuts with eight ounces of seedless or seeded raisins. This is sufficient for a meal for one person.

FRUITS WITH PEANUT CREAM

Use any dried fruit chopped, or any combination of such fruits, and serve in a bowl, pouring over a cream made of raw peanut butter. This cream is made by working the butter thin with milk or water.

PRUNES WITH ENGLISH WALNUTS

Soak the prunes for twenty-four hours. Remove the pits, and mix with chopped English walnuts. Whipped cream is a nice addition to this or similar combinations.

FRUIT COMBINATION WITH NUTS

Combine equal parts of raisins, chopped dates and figs with pecan meats. The combination may be eaten so, or served with milk and cream. This recipe will serve as a suggestion for innumerable similar combinations which are too simple to require directions.

NUT AND FRUIT MARMALADE

Cover a plate with a thick layer of finely-chopped raisins. Then add another layer of about the same thickness of pecan meats, next one of ground figs and one of Brazilian nuts, finishing with raisins. Press firmly together, and slice with a sharp knife. Serve with whipped cream.

MARMALADE AND CREAM DROPS

Soak equal quantities of dates and dried peaches in lukewarm water until soft enough to mash to a jelly. Stir well, and serve in a dessert dish, dropping a small spoonful in the center and three around the outside. Sprinkle these with shredded cocoanut. Then drop a small portion of whipped cream between the marmalade drops, and sprinkle with ground nuts.

CHAPTER XXVII

Custards and Junkets

THESE forms of desserts are clever ways of using eggs and milk. As eggs and milk are two of the most desirable elements we can introduce into the diet, the present group of dishes takes the highest rank as to healthfulness, and because their form requires that the milk be eaten and not drunk, we have a further advantage in their use.

The addition of starchy elements to custards stands on the same basis as the adding of sugars to fruits: it is advantageous when the aim is to make the diet heavier, as it furnishes more energy materials. But since energy or fuel foods, when eaten beyond the needs of our muscular activities, result in over-nutrition and obesity, the plain custards may be best for those not engaged in heavy labor.

In the case of the cooked custard, the thickening effect is gained by the coagulation of the egg albumen by heat. Eggs and milk should not be cooked long, but only just enough to secure this coagulation; therefore, when elements like rice or tapioca are introduced, these should be cooked separately.

The junket is an uncooked dessert in which the coagulation of the milk is brought about by a chemical element of wonderful potency, it being none other than the same rennin that coagulates the milk in our own stomachs. Lest this explanation prejudice you against the junket, I might explain that all the cheese in the world (except cottage

cheese) is made by rennin. Junket is only fresh cheese without the whey drained out. That it is wholesome no one has ever questioned, and it again gives us a form of milk that is eaten as a food and not drunk as a beverage. The rennin not only coagulates the milk, but gives it a distinct flavor, and many people who do not like the taste of milk find junket quite palatable.

CHOCOLATE JUNKET

Melt chocolate and sugar with a little water. Then add to the milk, and bring all to a temperature of 100 degrees Fahrenheit before adding the junket tablet. Chocolate junket tastes all right, but it will have a queer mottled appearance. If this does not appeal to your fancy, make the junket separate, and serve with a chocolate syrup.

JUNKET CUSTARD

A very fine junket can be made out of milk and raw eggs. The flavor is different from that of cooked custard, and also quite distinct from milk and egg "nogs," which have the raw-egg taste that so many people dislike. Beat the eggs thoroughly, and add to the milk, with sugar and vanilla to taste. You can use as many eggs as you wish up to five per quart of milk. This custard is then "junketed" as in above recipe. This combination of milk and eggs prepared without cooking contains all the vitamins and vitality of these especially good-growing and body-building foods.

BAKED CORNSTARCH CUSTARD

2 cups milk
2 tablespoons cornstarch
2 tablespoons sugar
2 eggs
Grated rind of lemon, or
Vanilla

Boil the milk, and while boiling add to it the cornstarch, having first mixed it with a little cold water or milk. Remove from the fire, and stir in the sugar, the yolks of the eggs and the flavoring. Then fold in the beaten whites of the eggs. Pour into a buttered baking-dish, and bake for half an hour in a slow oven.

CHOCOLATE BLANCMANGE

One pint hot milk, four tablespoons cornstarch, one-quarter cupful sugar, one and one-half ounces chocolate, two egg whites (stiffly beaten).

Scald the milk. Mix the cornstarch and sugar in two tablespoons of cold milk and add slowly to hot milk. Cook in double boiler until thickened, stirring constantly to prevent lumping. Now add the chocolate (melted), a pinch of salt, and cook, stirring occasionally, for fifteen minutes. Lastly fold in the whites of the eggs and pour into individual moulds to set.

Sprinkle with grated cocoanut before serving.

MAPLE CUP CUSTARD

½ cup maple sugar
2 tablespoons flour
3 eggs
1 cup milk
3 tablespoons powdered sugar

Moisten the flour with a little milk, mix until smooth, and add to the rest of the milk. Grate the maple sugar and beat with the egg yolks; into this strain the milk and flour mixture. Mix and pour into custard cups. Set them into a pan of water, and bake until the custard is set. Beat the whites to a stiff froth, and add the powdered sugar. Beat until dry. Put one tablespoon on each cup, and return to the oven to brown.

FLOATING ISLAND

2 cups milk
3 eggs
2 tablespoons sugar
1 glass jelly
½ lemon peel
1 small stick cinnamon

Boil the cinnamon and lemon peel in the milk. When almost cold, strain and mix with the sugar and the yolks of the eggs. Then add one egg white, well beaten. Cook in a double boiler until it thickens, and then pour into a tureen. Beat the two remaining whites stiff, add the jelly, and beat until very stiff. Arrange in islands on the custard. Serve cold.

APPLE CUSTARD

Peel and core three tart apples. Cook in one cup of water until they begin to soften. Put them in a pudding-dish with half a cup of sugar, and pour over them a custard made by beating four eggs with two tablespoons of sugar, and then mixing with three cups of milk. Bake half an hour in a moderate oven, or until the top of the custard is nicely browned.

MACARONI CUSTARD

Boil two ounces of macaroni in two cups of milk with a little lemon peel and one teaspoon of cinnamon till the macaroni is tender. Lay the macaroni in a custard dish, and cover with a hot custard. Serve cold.

OATMEAL CUSTARD

1 heaping tablespoon ground oatmeal
½ teaspoon salt
2 cups milk
2 eggs

Mix the oatmeal with a little cold milk until smooth. Boil the remaining milk and add the oatmeal. Stir until thickened. When cool, add the beaten eggs. Turn into a buttered baking-dish, and bake gently for twenty minutes. Serve with cream and sugar, or with sweet sauce.

LEMON CUSTARD

Beat the yolks of six eggs well. Add three whites, with the rind of two lemons, grated fine, and the juice of one, and beat well again. Add half a pound of powdered sugar, one pint of milk or cream, and two ounces of softened but not melted butter. Bake in small moulds in a quick oven for half an hour.

ALMOND CUSTARD

4 cups milk
2 tablespoons cornstarch
½ cup chopped almonds
2 eggs
4 tablespoons sugar

Boil the almonds with three cups of milk in a double boiler for five minutes. Then add the cornstarch mixed with one cup of cold milk, and boil fifteen minutes. Now add the yolks of the eggs, well beaten. Stir constantly. Take from fire, add the sugar and the stiffly beaten egg whites, pour into a glass dish, and serve with powdered sugar.

CHAPTER XXVIII

Gelatin Desserts

GELATIN is an animal substance, a form of protein that is extracted from the connective tissues of meat, or the organic matter of bones. It may be observed in the pot after any meat abounding in such tissues has been boiled for a long time. This product has long been utilized in such dishes as "hog's-head cheese," "calf's-foot jelly" and "pressed chicken," and is now supplied to us commercially in packages.

Recent scientific investigations have shown gelatin to have distinctive and valuable food properties. Although it is an "incomplete protein," that is, it will not support growth alone, yet it is found to improve the protein of wheat when the two foods are used in combination. Gelatin also renders other foods more digestible and is used with milk for that purpose. This is due to its colloidal action, which prevents the formation of difficultly digestible curds. But the chief advantage of gelatin is that it lends itself to the preparation of a great variety of dainty and attractive dishes.

For strict vegetarians we have a form of vegetable gelatin known as agar, or sometimes the word is repeated and written agar-agar. Agar is derived from an oriental seaweed, and is much used in eastern cookery. Agar is chemically quite different from gelatin, being composed of pure soluble cellulose, the material which constitutes the fibre of all plants. Cellulose is not digestible by human beings, and yet it has an important

function in giving bulk to the food. Wheat bran is the most common form in which such cellulose is used. Agar serves the same purpose, and because of its remedial properties it is now sold in drug stores rather than by grocers. Agar gives the same gelatinous effect in cookery that gelatin does, and is much stronger; that is, less of it is required to produce a jelly.

If you wish to substitute agar in gelatin recipes, first experiment a bit with the variety you buy, and find out the minimum quantity needed to produce a given thickness of jelly. If more is used, the dish becomes too firm, and there is likely to be a rather unpleasant flavor of agar, instead of the flavor of the fruit or other elements introduced for that purpose. Unless you are a strict vegetarian, gelatin is more satisfactory.

ORANGE JELLY

1 box gelatin	½ cup cold water
1 pint orange juice	½ cup sugar
Juice of one lemon	1 cup boiling water

Dissolve the gelatin in the cold water. Put the juices and sugar into the boiling water, and boil till the sugar dissolves. Remove from the fire, and add to the gelatin. Stir slightly. Pour into the moulds and set to cool. When set, turn out on a plate and garnish with slices of orange and chopped nuts. The recipe can be further varied by using only part of the oranges to form the juice and slicing the remainder in the jell before it sets.

EGYPTIAN MOUSSE

¼ cup rice
½ tablespoon gelatin
⅓ cup sugar
⅛ pound dates
½ cup milk
1 cup cream
1 teaspoon vanilla

Wash the rice and boil until tender. Drain, add the milk, and cook in double boiler fifteen minutes. Moisten the gelatin in cold water, chop the dates, and add, with the sugar, to the other ingredients. Cool, and add the vanilla. When cold, add the whipped cream. Pour into a mould, and pack in ice and salt until frozen.

GRAPE JUICE SOUFFLE

½ cup whipped cream
2 cups grape juice
¼ cup sugar
2 tablespoons gelatin
2 egg whites

Soak the gelatin in the grape juice for five minutes. Add sugar, and heat in a double boiler until the gelatin is fully dissolved. Strain into a bowl, and place in a pan of ice-water until it begins to set. Beat the whites of the eggs until stiff, and fold into the gelatin. Whip well, add the whipped cream, pour into moulds, and place on ice to chill.

LEMON SPONGE

Juice of two lemons
2 eggs
1 cup cold water
⅓ cup sugar
1 tablespoon gelatin

Soak the gelatin for two hours in a quarter of a cup of water. Strain the juice of the lemons, and add to the sugar. Beat the yolks of the eggs,

and mix them with the remainder of the water. Add the sugar and lemon to this, and cook in a double boiler until the mixture begins to thicken. Add the gelatin. Strain the whole into a shallow pan, and place in ice-water. Beat with a whisk until it is cool, then add the unbeaten whites of the eggs. Beat constantly until the mixture is quite thick, taking care not to let it get so thick as to become lumpy. Pour into a mould and set on ice.

GRAPEFRUIT JELLY

Soak one tablespoonful of gelatin in one-quarter of a cupful of cold water. Then add three-fourths of a cupful of boiling water, a pinch of salt and three tablespoons of sugar.

Stir until dissolved. When cool add one cupful of grapefruit juice and about one-half teaspoon of lemon juice.

Have ready a shallow mould that has been wet with cold water and strain the liquid into it. Set aside to chill for several hours.

Marshmallows make an attractive garnish for the pale yellow jelly.

JELLIED DATES

½ pound dates
3 tablespoons sugar
1½ cups water
1½ tablespoons gelatin
Juice of one orange
1 tablespoon vanilla
¼ cup chopped pecans

Dissolve the gelatin in the orange juice. Cut the dates in halves, and remove the stones. Cook

slowly with the sugar and water until they are soft, then add the dissolved gelatin and the vanilla. Stir all together, and put into a wet mould on the ice. Serve with whipped cream, slightly sweetened and mixed with the chopped pecans.

ANGEL PUDDING

2 eggs
2 cups milk
1 tablespoon gelatin
1 tablespoon orange juice
½ cup honey

Soak the gelatin in a little cold water, and dissolve in the hot milk in a double boiler. Blend the beaten yolks of the eggs with the honey and orange juice, and add slowly to the milk. Cook until smooth. Cool, and add the stiffly-beaten whites of the eggs.

CHAPTER XXIX

Frozen Desserts

SO dainty and tasty and nutritious are the numerous frozen desserts that I must approve of them, despite the objection that eating frozen foods retards digestion by lowering the temperature of the stomach below blood heat.

Theoretically, foods should be eaten at near the temperature of the body, but that condition makes them taste flat and insipid; and so we prefer them either hot or cold, which temperatures make them more tasty, because of the contrast with the temperature of the mouth.

Indeed, in the case of these frozen dainties, I am of the opinion that their temperature may render them more wholesome than similar preparations eaten at higher temperatures, for they have to be eaten more or less slowly, and this may aid digestion as much as the coldness retards it. The ingredients of these frozen foods are of the very highest nutritive value, milk, eggs and fruits, or fruit juices, being the chief of them. So, on the whole, I think we may rate the frozen desserts as more wholesome and healthful than many of the puddings and pastries which they naturally replace. And they are certainly much less objectionable than cold drinks, especially ice-water, since these are taken more rapidly and in larger quantities.

Almost any combination of fruit juices, or fruit pulps, makes a delicious ice. Fruits can also be combined for this purpose with milk, cream, or eggs, in almost any proportions. The unsightly

curdling resulting from the combination of milk with fruit is eliminated by the freezing process. Practically any of the combinations given in the chapter on beverages can be frozen into ices.

Gelatin is a valuable addition to ices and ice creams. It gives smoother texture and more body to the cream, preventing its running so easily as it begins to melt. The criticism of the use of gelatin in commercial ice cream is based on its use to replace other valuable ingredients, but in home-made ice creams this does not apply, and gelatin is a valuable addition.

THE ORIGINAL ICE CREAM

The original ice cream, from which all the more elaborate forms have descended, was made of milk, cream and eggs. This was the kind our grandmothers made on the farm. They usually had real cream, the kind that rose so thick on the milk-pans in the spring-house that the spring-house frog could sit on it without breaking through. The proportion of cream to milk followed no fixed formula; you made the cream as rich as you felt you could afford to make it. It was real ice cream, or frozen cream. Eggs were added, and sugar, with vanilla, usually, as flavoring. Where cream comes higher one is inclined to be scant with it; but an equally nutritious ice cream can be made by replacing fresh milk with evaporated or condensed milk. Such ice cream is very similar to a custard mixture, only it is frozen instead of being cooked. It can also be cooked and then frozen—in which case the taste will be a little different.

FROZEN CUSTARD

3 cups milk
¾ cup sugar
1 teaspoon vanilla
3 eggs

Beat the eggs and add to the other ingredients. Cook the mixture in a double boiler until it thickens, but do not let it whey out. Then chill the custard and turn into a freezer.

CHOCOLATE ICE CREAM

3 ounces unsweetened chocolate
1 pint milk
1 tablespoon vanilla
1½ cups sugar
1 cup boiling water
1 pint cream, or evaporated milk

Pour the boiling water over the chocolate, and cook until dissolved. Then add sugar, and cook until smooth and thick. Cool, add the other ingredients, and freeze.

APRICOT ICE

1 quart can apricots
½ cup sugar
2 cups water
Juice of one lemon

Press the apricots through a sieve, add the other ingredients, freeze and serve.

VELVET FRUIT CREAM

1 pint milk
2 peaches
¾ cup syrup, or honey
½ cup strawberries (fresh or canned)
1 lemon
1 banana

Mix the milk and syrup, and press the peaches, banana and strawberries through a coarse sieve. Add the juice of the lemon, and stir in very slowly the milk and the syrup. Then turn into a freezer.

APRICOT CREAM

1 cup apricot jam
2 cups cream
1 cup milk
Juice of a lemon

Mix the jam and cream; then carefully add the lemon juice. Press through a fine sieve, add the milk, and freeze.

CRANBERRY SHERBET

1 pint cranberries
1 cup sugar
1 cup water

Add the water to the cranberries, cover, bring to a boil, and boil five minutes. Press through a colander, return to the fire, and add the sugar. Stir until the sugar dissolves. Cool and freeze, turning slowly all the time. This may be served with cold meat.

MILK SHERBET

1 quart milk
2 cups sugar
3 lemons

Freeze the milk and sugar. When it begins to set, add the juice of the lemons and freeze until solid. Pack until needed.

STRAWBERRY PARFAIT

4 yolks eggs
1 cup sugar
½ pint whipped cream
1 quart strawberries
½ cup water

Make a syrup of the sugar and water. Beat the egg yolks, and add the syrup while continuing the beating. Cook this mixture until it coats the spoon like custard. Remove from the fire and whip until it is cold and light. Add the crushed strawberries and sugar, and lastly fold in the whipped cream. Pack in a mould and bury it in ice and salt for four hours.

PINEAPPLE ICE

1½ cups sugar
¼ cup lemon juice
2 cups crushed or grated pineapple

Dissolve the sugar in a cup of hot water, and boil until the syrup threads. Then add an extra cup of cold water, with the lemon juice and pineapple, and freeze. Serve immediately, as such an ice will not stand frozen as long as will ice cream.

ORANGE ICE

2¼ cups orange juice
¾ cup sugar

This mixture makes a pure orange-juice ice. Orange ice can be made less expensively by replacing part of the orange juice with lemon juice and water.

JUNKET ICE CREAM

1 quart milk
⅔ cup sugar, or honey
1 teaspoon vanilla
1 junket tablet

Heat the milk until lukewarm. Add the sugar and then the junket tablet, dissolved in a little cold water. Pour into the freezer, add the vanilla, and leave in a warm place until set. Then freeze.

ORANGE GELATIN CREAM

1 cup orange juice
Grated rind 2 oranges
1 package orange jello
1 cup sugar
3 cups thin cream
¼ cup boiling water

Add the grated rind of two oranges to the jello, then the sugar and water. Stir until all is dissolved. Add the orange juice, cool, put in the freezer, and stir slowly until it begins to freeze. Add the cream and continue to freeze.

GRAPE SHERBET

1 pint grape juice
1 lemon
1 cup sugar
1 tablespoon gelatin
White of one egg

Dissolve the gelatin in boiling water, add the sugar, grape juice and lemon. When all is dissolved, put in the freezer and freeze. When the mixture is almost solid, add the white of egg, well beaten.

PINEAPPLE SHERBET

1 tablespoon gelatin
1 pint water
1 pint grated pineapple
2 cups sugar

Soak the gelatin in enough water to soften it. Heat the remainder of the water and pour over it. Let the pineapple stand with the sugar over it for an hour. Then add the dissolved gelatin and freeze.

ORANGE SHERBET

Juice of 12 oranges
1 grated orange rind
1 quart boiling water
2 tablespoons gelatin
2 cups sugar

Add the gelatin to the water, and soak half an hour. Bring it to the boiling point, add the sugar, and boil five minutes; add the grated rind of an orange. Set aside to cool. When cold, add the orange juice. Strain and freeze.

ORANGE SOUFFLÉ

1 pint cream
1 cup orange juice
1 tablespoon gelatin
¾ cup sugar
3 egg yolks

Soak the gelatin in cold water half an hour, then add half a cup of boiling water. Stir until the gelatin is dissolved. Add the sugar, orange juice and beaten egg yolks. Stir in ice-water until the mixture begins to thicken. Stir in the whipped cream. Turn into a mould or ice cream freezer. This must not be stirred while freezing.

CHAPTER XXX

Puddings

THE term pudding is a general one, and merges into custards and perhaps other types of dishes elsewhere classified. Puddings are usually distinguished by having considerable starchy food in some form incorporated with the fruit, or the custard. As a general rule, I think that desserts are more wisely selected from the groups previously given. The addition of starchy foods in the form of puddings may be objected to on two counts.

One is that the pudding is always a soft food requiring little chewing, whereas starchy food should be well masticated. The second objection is that the dessert is served at the end of the meal as a sort of temptation to eat more, when, usually, we already have eaten enough. Under these circumstances I feel it should be a light dish, and particularly should not add mere energy food, of which most of us get an oversupply.

These objections would apply particularly to the heavier, richer puddings. Many of the recipes that follow are not of that class, but fairly light.

TAPIOCA JELLY PUDDING

Soak one cup of tapioca overnight in three pints of cold water. In the morning cook in a double boiler, stirring frequently. When done add half a cup of sugar, half a teaspoon of salt, and a glass of red currant jelly. Mix thoroughly and pour into a mould. Serve cold with cream and sugar.

TAPIOCA CREAM WITH DATES

¼ cup tapioca
1 pint milk
1 cup dates
¼ cup honey
1 egg
1 teaspoon vanilla

Soak the tapioca overnight. In the morning boil the milk, add the tapioca, and cook in a double boiler. Add the honey, with the egg beaten separately. Add flavoring, and pour over the chopped dates. Serve with thin cream.

APPLE TAPIOCA PUDDING

½ cup tapioca
2 cups boiling water
1 teaspoon vanilla
3 sour apples
½ cup sugar
Cold water

Soak tapioca one hour in cold water, and cook in a double boiler until it looks clear. Add the sugar and vanilla and then the apples, pared and quartered. Turn into a buttered baking-dish, and bake an hour, or until the apples are soft. Cool, and serve with whipped cream, or cream sauce.

FRUIT TAPIOCA

¼ cup tapioca
1 cup any dried fruit
½ cup sugar
Flavor and season to taste

Soak the tapioca and the fruit in separate vessels for several hours. Cook the tapioca until transparent. Meanwhile arrange the steeped fruit in a baking-dish, and add the sugar and seasoning. Put the tapioca on top, cover, and bake in a moderate oven from forty-five minutes to an hour.

Remove the cover toward the end to allow the contents to brown slightly on the surface. Serve with cream, or pudding sauce.

PRUNE AND RICE PUDDING

½ cup prunes
½ cup rice
2 cups milk
5 tablespoons sugar
12 almonds
2 tablespoons cornstarch
2 tablespoons oil
½ teaspoon lemon juice

Boil the rice. Mix the cornstarch with a little milk, and add to the cooked rice, with oil, lemon juice, almonds and sugar. Stir in the rest of the milk, and bake in a moderate oven. When cold spread with the stewed prunes. Stewed apples, strawberries, or any fruit at hand may be substituted.

PEACH PUFFETS

1 pint whole-wheat flour
Milk
1½ teaspoons baking-powder

Mix the flour and baking-powder with enough milk to make a soft batter. Put into well-greased little cups a spoonful of batter and a spoonful of cut-up peaches, then another of batter. Steam for twenty minutes and serve with hard sauce.

AUSTRIAN PUDDING

1 pint raspberries
1 cup cake crumbs
½ cup sugar
2 tablespoons butter
½ cup chopped almonds
8 eggs
2 tablespoons cream

Put the raspberries, with two tablespoons of sugar and one of water, into a double boiler, and cook until half done. Cream the yolks of the eggs and sugar, then add the cake crumbs, almonds, cream, and melted butter. Finally fold in the whites of the eggs beaten very stiff. Place the raspberries and their juice in a baking-dish, cover with the soufflé, and bake in a moderate oven for half an hour. Serve hot.

RICE AND APPLE SOUFFLÉ

1 pound sour apples
½ cup flour
2 tablespoons butter
½-inch stick cinnamon
⅓ cup sugar
½ lemon rind
3 eggs
¾ cup milk

Cook the apples with two tablespoons of sugar, butter, lemon rind and cinnamon in a double boiler. Rub through a sieve when soft. Mix the flour with a little cold milk. Boil the remaining milk, add the flour, and boil gently for five minutes. Add the sugar and cool; then add each egg yolk separately, beating all the time. Finally fold in the stiffly beaten whites of the eggs. Fill a well-buttered baking-dish with alternate layers of rice and apples, having rice on top, sprinkle over with sugar, and bake in a moderate oven thirty minutes.

ALMOND PUDDING

¾ cup chopped almonds
¼ cup butter
½ cup sugar
6 slices bread
2 cups milk
3 eggs
1 lemon rind
½ teaspoon cinnamon

Cover the bottom of a well-buttered baking-dish with slices of buttered bread. Mix the almonds, grated lemon rind and cinnamon together, and put half of the mixture over the bread. Cover this with more bread, and add the remaining almond mixture. Again cover with buttered bread. Heat the milk, and add the sugar and the well-beaten eggs. Pour this mixture carefully into the baking-dish. Cover, and let stand half an hour; then bake gently for forty-five minutes.

ORANGE BANANA PUDDING

Beat the yolks of four eggs until light. Beat in one cup of sugar and one heaping tablespoon of cornstarch, dissolved in a little cold milk. Then very slowly stir in one quart of scalding milk, and keep stirring until it begins to thicken. Remove from the fire and flavor with vanilla. Place a layer of stale bread crumbs in a baking-dish, then three sliced bananas and two large sliced oranges, and pour over them the cooled custard. Over the top spread a meringue made from the whites of four eggs and four tablespoons of powdered sugar. Sprinkle with chopped almonds, and brown lightly in the oven.

RHUBARB PUDDING

1 cup cornmeal
½ cup flour
1½ cups rhubarb
¾ cup sugar
1 egg
2 tablespoons cooking fat

Scald the cornmeal with one pint of boiling water, and while the mixture is still hot add the rhubarb.

Then add sugar, melted fat and egg, beaten light. Stir in the flour and a pinch of salt, and bake. Serve with sweet sauce.

RICE PUDDING

Put two cups of rice into two quarts of milk, and bake one hour. Beat four eggs with two-thirds of a cup of butter and two cups of sugar, and stir into the partially cooked rice. Half a cup of cooked chopped raisins, peaches, pears, or apricots, may be used in this recipe, and the flavoring can be varied.

FRUIT CORNMEAL PUDDING

¾ cup cornmeal
1 cup sugar
2 eggs
2 tablespoons oil
1 cup milk
1 cup fresh or canned fruit
½ cup cream

Cook the cornmeal to a soft mush. Then add the oil, the well-beaten eggs and the milk. Crush the fruit, mix with the sugar, and stir into the mixture. Pour the pudding into a greased pan, and pour cream on top without stirring. If sweet fruit is used, less sugar will be needed.

APPLE AND BREAD PUDDING

1¼ pounds apples
2 cups bread crumbs
6 tablespoons sugar

Butter a pudding-dish, and put in half the apples, pared and cut as for a pie. Add half the sugar and

half the bread crumbs, then the rest of the apples and sugar, and cover smoothly with the rest of the crumbs. Add one cup of water, and bake in a moderate oven, laying a plate over the top till the pudding is half done to prevent its becoming hard and dry. If the apples are not tart, add a little lemon juice.

CORN PUDDING

9 ears corn	1 cup milk
3 eggs	1 cup flour

Scrape out the corn, add the egg yolks and flour, then the milk. Fold in the well-beaten whites of the eggs, place in a buttered baking-dish, and bake at once in a moderately hot oven for half an hour.

STEAMED BREAD PUDDING

Melt a quarter of a cup of butter in a saucepan, and mix one cup of whole-wheat bread crumbs with it. Add half a cup of water and cool. Add six well-beaten eggs, half a cup of sugar, half a teaspoon of cinnamon, and a quarter of a cup of chopped almonds. Mix thoroughly, turn into a bowl, cover, and steam two hours.

BROWN BETTY

Pare and slice six apples. Put a layer of bread-crumbs into a baking-dish, then add a layer of apples, and sprinkle with very little sugar and a little ground cinnamon. Add another layer of

bread crumbs and one of apples, and so on until the dish is full, making the top layer of bread crumbs. Dot with bits of butter, pour one cup of water over it, and bake three-quarters of an hour. Serve hot with a simple sauce.

NUT CORNMEAL PUDDING

1 cup cornmeal
1 cup milk
2 tablespoons cooking fat
½ cup sugar
1 egg
½ cup nut meats

Scald the cornmeal with three cups of boiling water. Add the melted fat, sugar, well-beaten eggs and milk. Stir in nut meats, and bake two hours. Cocoanut or cooked apples may be substituted for the nuts if desired.

BAKED INDIAN PUDDING

½ cup cornmeal
2 cups boiling water
¼ cup molasses
1 teaspoon salt
3 cups milk
1 egg
½ teaspoon ginger

Cook the cornmeal in salted water for fifteen minutes, stirring continuously. Add milk, molasses, ginger, and beaten egg, and pour into a greased pan. Bake slowly for three hours. Serve with cream, molasses, or ginger sauce.

APPLE CORNMEAL DUMPLINGS

2 cups cornmeal
6 apples
1 teaspoon salt

Scald cornmeal with enough boiling water to make a thick paste, stirring continuously. With the hands flatten out the paste and press about the apples, which have been pared, cored and quartered. Encase in pudding-cloth, and cook in boiling salted water or in a steamer. These dumplings may be served with roasted meats, or they may be used as dessert by cutting open before serving and scattering over them sugar, bits of butter, cinnamon, or grated nutmeg. Serve with any pudding sauce.

PUDDING SAUCES

RAISIN SAUCE

1 cup raisins
2 tablespoons sugar
1 teaspoon cornstarch
1 teaspoon lemon juice
¼ teaspoon cinnamon, nutmeg, or vanilla

Seed and clean the raisins, and run through the food-chopper, using the large knife. Mix the cornstarch and sugar with one or two spoonfuls of water, and add slowly one cup of boiling water, stirring steadily. Add the chopped raisins and the lemon juice. Cook till the raisins are tender, then add the seasoning. Use on rice, macaroni, or puddings. The flavoring may be varied each time this sauce is made.

MOLASSES SAUCE

½ cup molasses
1 teaspoon lemon juice or vinegar
3 tablespoons boiling water
1 teaspoon butter
Pinch of salt

Cook the molasses, water and salt together for a few minutes. Then add the lemon juice and lastly the butter. Vanilla, or a teaspoon of ground ginger, may be used for flavoring. Serve hot or cold on Baked Indian Pudding or Brown Betty.

BERRY SAUCE

To one cup of crushed strawberries add the stiffly beaten whites of two eggs, four tablespoonfuls of cream and honey enough to sweeten as desired. Stir very thoroughly, and when using on cereals bring to the proper consistency by the addition of cream and milk. Make just in time to serve.

APRICOT SAUCE

To one cup of apricot pulp add one cup of water and half a cup of sugar. Thicken with a tablespoon and a half of cornstarch mixed with a little water. Boil five minutes. Cool and serve. Raspberries may be substituted for the apricots.

CRUSHED FRUIT SAUCE

Use any kind of berries in season, mash and stir almost to a liquid. Sweeten with honey or finely chopped dates. Serve as a plain sauce, or with whipped cream, and garnish with nut meats or shredded cocoanut.

CHAPTER XXXI

Pies

PIES are not as desirable from the health standpoint as the desserts listed under the previous headings. The objection is not, of course, to the fruit fillings. In fact there are very few pie fillings, outside of mince, to which exception can be taken from the viewpoint of wholesomeness. But the crust will hardly class as a health food.

The objection to the pastry of pies, shortcakes, dumplings, etc., is partly one of the nature of the materials of which they are composed, and partly one of the mechanical condition of these materials.

The essential materials of pastry are flour (usually white flour) and fat (usually lard). Both of these materials come in the denatured class. Their combination tends to render them indigestible, and this quality is made worse when the pastry becomes soaked and soggy. Here we are up against a dilemma; for the use of fat for shortening is bad, but the lack of fat increases the tendency to sogginess, which is worse.

Under these conditions one is tempted to dodge the problem and throw this whole group of foods out of a health cook book. But pies are a very well established form of American cookery, and it will not be easy for some of you to abstain from this familiar and attractive dish. Therefore consider these suggestions for avoiding most of the pie-crust problem: In the first place make more open pies, which require only half as much dough. Secondly, try making the crust out of whole-wheat

flour, and using butter or a vegetable shortening in place of lard.

In making whole-wheat pie-crust, after one has been trained to make the white-flour variety, one may not succeed as well on the first trial as with the more familiar material. But with a little patience you can work out the problem, and you will find that there is no reason except habit and prejudice for using denatured white flour exclusively for the making of pastry. You will want a finely-ground variety of whole-wheat flour and not the coarser cracked wheat, or wheat meal, which is better adapted to porridges and even to bread-making. If the flour is very branny, you might sift out a little of the coarser bran with the fine flour-sieve.

WHOLE-WHEAT PIE-CRUST

3 cups whole-wheat flour
¾ teaspoon baking-powder
9 tablespoons cold water
⅓ cup butter

This pie-crust is more brittle than that made with white flour, and is therefore difficult to roll into a single sheet. It tastes equally good, however, when cut into strips. The recipe makes top and bottom crust for two pies.

VITAMIN PIE-CRUST

The trouble with whole-wheat pastry is that the presence of the bran particles destroys the adhesive power of the dough, and the crusts cannot be

so easily rolled and handled as sheets. Therefore, if you have a great appetite for pies and want to make them nutritiously superior, try this: Extract bran water as described for bran-water bread, using a quantity of bran equal to that of the flour to be used. Set the extract on the stove in a double boiler until its bulk is sufficiently reduced, for pastry does not require much liquid. Now add ten per cent of dry milk powder to white flour, shorten with butter, and moisten with the bran water. This combination of ingredients will make a dough which will supply its full quota and more of salts and vitamins to the diet. This does not necessarily solve the problem of the digestibility of the "pastry," which is separate from the problem of its chemical sufficiency.

CREAM PIE-CRUST

Measure equal parts of whole-wheat or Graham flour and white flour, and sift well together; then wet with cold sweet cream. The colder the cream and flour, the crisper the paste. Mix as lightly and quickly as possible, forming a stiff dough. Roll out immediately.

PUMPKIN PIE FILLING

Take one pint of sweet milk and one can of pumpkin, half a cup of sugar and three eggs. Beat the eggs and sugar together, and stir into the pumpkin and milk. Mix all well together, and fill in the pie.

Chocolate Blanc Mange. Page 296.

One Egg Cake with Whipped Cream. Page 332.

Assorted Sandwiches. Page 278.

Prune and Raisin Pie. Page 325.

PRUNE AND RAISIN PIE

¼ pound prunes (about 11)
¾ cup raisins, seeded and chopped
½ cup corn syrup
1½ tablespoons prune juice
1 tablespoon lemon juice
1 tablespoon butter
1 tablespoon flour

Wash the prunes and soak in enough cold water to cover. Cook until soft in the same water. Remove the stones, cut prunes in quarters, add chopped raisins, syrup, lemon and prune juice. Line a pie-plate with the dough, fill with prune and raisin mixture, dot with butter, and dredge with flour. Put on an upper crust of strips. Bake in a hot oven.

DRIED APPLE AND RAISIN PIE

1 cup dried apples
½ cup raisins
½ cup sugar
1 teaspoon butter

Freshen the apples in water, and add the raisins. Bring to a boil and simmer until soft; then add the sugar. Fill the pie with this, and dot butter over the fruit before putting on the top crust.

APPLE-LEMON PIE

2 cups stewed apples
1 lemon
2 eggs
1 cup sugar
1 tablespoon cornstarch

Stir apple sauce until fine, or run through a colander. Add the juice of the lemon and some of the grated rind, with the beaten egg yolks and sugar. Bring to a boil, thicken with cornstarch.

and boil one minute. Use this for the filling, and make a meringue for the top of the whites of the egg and powdered sugar.

PEAR PIE

Pear pie is not so much used in America as it might be, but is a favorite dish in England. The pie is made like apple pie, but with less sugar.

COCOA CREAM PIE

¼ cup of cocoa powder	1½ cups milk
¾ cup sugar	2 eggs
4 tablespoons cornstarch	1 teaspoon vanilla

Mix these ingredients, with the exception of the egg whites, and cook, preferably in a double boiler, until the mass thickens. Use this as a filling for a previously baked crust. Use the egg whites for a meringue.

PINEAPPLE PIE

1 cup grated pineapple, fresh or canned	¾ cup sugar
	¼ cup flour
	1 egg

Mix flour and sugar, add pineapple, and cook until the mixture thickens. Remove from the fire and add the beaten egg. This makes a filling for a two-crust pie.

ORANGE PIE

Sprinkle on a previously baked crust a tablespoonful each of flour and bread-crumbs. Now

fill the pie with oranges which have been cut into pieces about the size of a hazelnut, being careful not to crush when cutting. Pour over this half a cup of sugar with which two tablespoons of flour or starch have been mixed. Cover with a top crust and bake in a slow oven.

RAISIN PIE

2 cups raisins
1½ cups water
⅓ cup sugar
2 tablespoons cornstarch

Boil the raisins, water and sugar five minutes. Add the cornstarch dissolved in a little water. Bake in two crusts.

CREAM BANANA PIE

3 bananas
1½ tablespoons cornstarch
1 cup sweetened condensed milk
1 cup water
2 eggs
2 tablespoons powdered sugar

Stir the milk into a cup of water, and heat to the boiling point. Thicken with cornstarch and add the beaten egg yolks. Do not cook further. Slice the bananas into a pre-baked crust. Pour the custard over it and top off with a meringue.

CHAPTER XXXII

Cakes and Cookies

THIS listing, which covers one of the most numerous groups of recipes in the conventional cook book, will be much briefer here. It is not that I would strictly advise against all forms of cake, but rather that I would discourage their too frequent use.

Cake-making has become a fine art, and the ability to make good cake is too often the chief aim of the young girl learning to cook. But such confections are really of little use in the diet, and I believe that there are other groups of food preparations better worth the excessive attention so often given to cake-making.

From strictly health considerations, the cake is not so objectionable as the unleavened pie-crust. It is light—or at least should be—and eggs, milk and butter enter into its composition, so that from the standpoint of ingredients it is not wholly objectionable. But it is usually eaten at the end of the meal, and its sweet taste acts as a bait to induce overeating.

I will give a few carefully selected recipes for cakes and cookies, chosen as being among the more wholesome sorts and not too complicated or expensive to make.

WHOLE-WHEAT LAYER CAKE

3 eggs
1½ cups sugar
½ cup butter
1½ cups milk
3 cups whole-wheat flour
¼ teaspoon salt
¼ teaspoon nutmeg
3 level teaspoons baking-powder

First, beat the eggs well. Second, add the sugar, butter, milk, salt and nutmeg. Third, add the flour gradually. Fourth, add the baking-powder. Have the oven very hot for the first five minutes; after that bake in moderate oven for forty-five minutes. Use any kind of icing.

CHOCOLATE CAKE

2 eggs
1 cup sugar
½ cake grated chocolate
1½ cups flour
½ cup warm water
2 teaspoons baking-powder
1 teaspoon vanilla

Cream the yolks of the eggs with the sugar, add the water and flavoring, and then the dry ingredients sifted together. Finally, add the whites of the eggs, beaten stiff. Bake in layers.

SPONGE CAKE

6 eggs
¼ cup water
1 cup flour
1 cup sugar
½ teaspoon cream of tartar
1 teaspoon vanilla

Boil the water, cream of tartar and sugar until the syrup threads. Beat this into the whites of the eggs which have previously been beaten stiff. Add the well-beaten yolks and the vanilla. Then fold in flour. Bake in moderate oven.

PLAIN CAKE

Sift the flour and baking-powder together; cream the butter and sugar; and beat the yolk of the egg

thoroughly. Add the egg and water to the butter and sugar, and stir in the flour and baking-powder. Then fold in the well-beaten white of the egg. Bake in a moderately hot oven. If desired, this cake may be covered with chocolate icing and blanched almonds. Baked in layers, with strawberries between the layers and whipped cream on top, it makes a good, simple strawberry shortcake.

EGGLESS CHEESE CAKE

1 cup flour
1 teaspoon baking-powder
¾ pound cottage cheese
½ cup sugar
1 cup milk
2 tablespoons cornstarch
2 tablespoons oil
¼ teaspoon vanilla, or dash grated nutmeg

Mash the cheese with three ounces of sugar. Dissolve the cornstarch in the milk, and add to the cheese. Mix very thoroughly till of a smooth creamy consistency, and set aside while the crust is being prepared. Sift the flour and baking-powder together, and rub in the shortening. Dissolve the sugar in one-quarter of a cup of water. Make a well in the center of the flour, pour in the sweetened water, and make a soft dough, yet stiff enough to roll out. If more liquid is needed, use plain water. Grease a deep baking-dish, and line with the dough, getting it well up on the sides. Now add the flavoring to the cheese, mixing very thoroughly, as the cornstarch will have settled on the bottom. Pour the mixture into the dough-lined pan, and bake in a hot oven from thirty to forty minutes. The crust may be baked first if desired.

Plain Cake with Chocolate Icing. Page 329.

Strawberry Short Cake. Page 331.

Grape Lemonade. Page 337.

Cold Cereal Coffee. Page 246.

QUICK STRAWBERRY SHORTCAKE

Split a sponge cake in half or cut in three layers. Spread crushed and sweetened strawberries between the layers and cover the top with whipped cream that has been slightly sweetened and flavored with vanilla. Set whole berries at intervals in the cream. Alternate mounds of cream and berries placed around the cake make an attractive garnish.

During the hot weather when baking is irksome or whenever one can not spare the time the corner grocer can offer a good substitute for home-made cake from the many dependable packaged products on the market.

EGGLESS FRUIT CAKE

1 cup brown sugar
5 tablespoons oil
1 cup raisins
2 cups flour
1 ounce citron
1 teaspoon nutmeg
1 teaspoon cinnamon
¼ teaspoon ground cloves
½ teaspoon salt
5 teaspoons baking-powder
1¼ cups water

Boil together for five minutes, the sugar, shortening, seasoning, water and raisins, and the citron, cut fine. Remove from the fire and put pan into a basin of cold water to cool. When the mixture is cold, add the flour and baking-powder, sifted together. Mix well, pour into a greased pan (a square bread-pan is good), and bake about forty-five minutes. The use of milk, instead of water, to mix the dough will of course give more nutritious cake.

CUSTARD CORN CAKE

½ cup cornmeal
½ cup flour
¼ cup sugar
1 cup milk
1 egg
2 tablespoons oil
1 cup sour milk
½ teaspoon soda

Sift the flour and soda together, and add to the cornmeal. Beat the egg with sugar and add the sour milk. Add to the flour and cornmeal, and beat thoroughly. Add the oil, and pour into a deep pan, or casserole. Now pour over the batter the sweet milk, but do not stir. Bake about half an hour.

ONE-EGG CAKE

1½ cups flour
½ cup sugar
1 egg
2 tablespoons butter
½ cup milk
3 teaspoons baking-powder
½ teaspoon vanilla

Sift the flour and baking-powder together. Cream the sugar and butter. Beat the egg, add to the sugar and butter, and mix well. Then add the milk, with the flour and baking-powder. Add the flavoring last, and bake in a moderate oven half an hour. If made in two layers, jelly or chocolate filling can be put between them and cocoanut strewed on top.

APPLE-SAUCE CAKE

1 cup apple sauce
2 tablespoons oil
1 cup sugar
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 teaspoon soda
¾ cup raisins
2 cups flour

Mix the sugar and oil. Stir in the apple sauce,

raisins and spices. Sift the flour with the soda, and add to the other ingredients. Mix, and beat well. Bake in a moderately hot oven about an hour.

BRAN COOKIES

1 cup bran
2 cups whole-wheat flour
1 cup sugar, or 1¼ cups molasses
2 eggs
½ cup butter
1 cup evaporated milk
2 teaspoons baking-powder
Chopped fruits or nuts optional

Mix ingredients in the usual fashion, adding more flour and bran as necessary to make a dough that will roll. Roll the dough about a quarter of an inch thick.

HONEY COOKIES

½ cup of honey
½ cup brown sugar
1 egg yolk
2 teaspoons baking-powder
⅓ cup milk
2 tablespoons shortening
3 cups flour
½ cup chopped pecans

Mix the honey, sugar, milk and shortening, and heat to the boiling point; stir and allow to cool. Sift the flour with the baking-powder, and add to the above ingredients. Then add the well-beaten egg and the pecans. Roll out thin, and cut into small rounds. Bake in a moderate oven on a greased baking-sheet.

OATMEAL COOKIES

2 cups oatmeal
1 egg
¼ cup sugar
2 cups flour
4 tablespoons butter
1 cup raisins
½ cup chopped peanuts
2 teaspoons baking-powder
Milk

Mix the sugar and butter together. Beat the egg well, and combine with the peanuts, raisins and oatmeal. Sift the baking-powder with the flour, and stir into the mixture. Add milk until the dough is soft enough to work easily. Roll out into thin cookies and bake in a hot oven.

PEANUT MACAROONS

3 egg whites
¼ teaspoon cream of tartar
1 cup sugar
1 teaspoon flour
1 pint peanuts

Chop the peanuts to a powder. Beat the whites of the eggs until foamy, add the cream of tartar, and beat until dry; then beat in gradually half the sugar. When the mixture is very light, fold in the remaining sugar, with the flour and peanuts. Drop by teaspoonfuls onto a buttered tin. Bake in a quick oven from five to seven minutes.

DATE MACAROONS

1 pound dates
1 cup nuts
1 cup flour
¾ cup sugar
2 eggs
1 teaspoon baking-powder

Sift the flour, baking-powder and sugar together. Add the eggs, well beaten, and mix thoroughly.

Add the chopped dates and nuts, and bake in a moderate oven. Cut in squares when cool.

CORNMEAL DOUGHNUTS

1½ cups cornmeal	2 eggs
2 cups milk	¾ cup sugar
1¼ cups flour	4 teaspoons baking-powder

Cook the meal and milk for one hour in a double boiler. Add sugar and butter, and cool. Sift together the flour and baking-powder, and add to the cooled mush. Add the eggs, well beaten, and proceed as with other doughnuts.

CHAPTER XXXIII

Beverages

AFTER my discouraging advice with regard to pies and cakes, we come back here to a list of preparations which I rank very highly. Beverages in which fruit juices play a large part are legitimate luxuries. They may be served with meals, or at any other time.

Until prohibition put a stop to it, we were fast becoming a drinking nation. It was not alcoholic drinks alone that we were consuming, but also rapidly increasing quantities of soda-fountain concoctions. We are told that it is the money put up by some of these "soft drink" manufacturers that helped put prohibition on the statute books. Be that as it may, no doubt the manufacturers of non-alcoholic drinks have reaped some of the profits that formerly went to brewers and distillers.

These soda fountain drinks vary in quality from the most wholesome fruit juices to drugged concoctions that are little better than alcohol. I will not assume the responsibility of naming the objectionable drinks of this sort, but I would advise that plain ice cream, fruits and fruit juices are the safer form of goods sold at soda fountains, while you should look with suspicion upon patented concoctions with queer names and unknown ingredients.

Another item that I might add to the list as being, at least, quite harmless, is plain "soda," or carbonated water—the fizzy liquid that the soda man keeps under pressure and which puts the bubbles and bite into his other wares. This plain soda is

merely water in which is dissolved, under pressure, carbon dioxide gas. This gas is not poisonous, as we were once taught to believe, though it is without any value in the body. Indeed most of it escapes from our soda before we have time to drink it. Those who like their drinks with a little bite and sparkle can buy the "soda" in bottled form for home use, and carbonate the home-made drinks.

For instructions regarding the preservation of fruit juices, see the last chapter.

ORANGEADE

1 lemon
3 oranges
¼ cup sugar
1 pint water

Pure orange juice cannot be excelled, but by adding to it the more acid lemon, with sugar and water, one can make the orangeade more economical, without materially impairing its flavor.

GRAPE LEMONADE

Fill a glass two-thirds full of water; add the juice of half a lemon; then fill with grape juice, and add a little sugar.

GRAPEFRUIT PUNCH

2 grapefruits
3 oranges
¼ cup sugar
1 pint water

Make a thin syrup of the sugar and water. Cool, add the fruit juice, and dilute with water to taste.

PINEAPPLE PUNCH

1 quart water
2 cups sugar
½ cup lemon juice
2 cups shredded pineapple
1 cup orange juice

Boil the water, sugar and pineapple twenty minutes. Add fruit juices. Cool, strain, and dilute with ice water.

GINGER PUNCH

1 quart cold water
1 cup sugar
½ cup lemon juice
½ pound ginger root
½ cup orange juice

Chop the ginger, add water and sugar, and boil fifteen minutes; add the fruit juices, cool, strain, and dilute with ice water.

GRAPEFRUITADE

1½ cups grapefruit juice 1 pint sugar or honey

Make a syrup of the sugar with a cup of water, add the grapefruit juice, and dilute to taste with cold water, or water and ice.

GRAPEFRUIT CHERRYADE

1 cup grapefruit juice
⅓ cup cherry juice
½ cup sugar or honey

Mix and dilute with cold water.

GRAPEFRUIT PEARADE

1½ cups grapefruit juice
1 cup pear juice
1 pint plain or carbonated water

Use juice or syrup from pears, canned or stewed, fresh or dried. Mix with grapefruit juice, chill, and add plain ice water, or cold soda water. A smaller quantity of lemon may be substituted for the grapefruit juice.

ORANGE BUTTERMILK

½ cup orange juice
2 tablespoons sugar
½ cup buttermilk, freshly churned

The above portions are for each service.

FROTHED GRAPEFRUIT JUICE

1 small grapefruit
1 egg white
Sugar

Extract, strain and boil the juice, with sugar to taste; add the whipped egg white. Pour into a glass, and stir briskly.

ORANGE MILK PUNCH

1 pint orange juice
½ pound sugar
4 eggs
1 tablespoon nutmeg
1 pint milk
1 teaspoon soda
½ tablespoon grated orange rind

Mix the juice and sugar, and heat slowly. Add rind and nutmeg, with salt, and soda dissolved in a little milk. Add the beaten eggs, and serve either hot or cold.

ORANGE MALTED MILK

½ cup orange juice
2 tablespoons malted milk

Rub the milk smooth in a little water, and add the orange juice. Fill up the cup with water, and serve either hot or cold.

ORANGE OATMEAL DRINK

½ cup orange juice
1 cup oatmeal gruel
Cocoanut
Sugar

Mix the gruel with the orange juice, sweeten, and serve with grated cocoanut. To make the gruel, cook half a cup of oatmeal in one quart of water for thirty minutes; then strain. Barley may be used instead of oatmeal.

FRUIT SYRUPS

1 quart juice
3 pounds sugar
2 orange rinds

Heat the sugar and juice, and stir until dissolved; then boil to a thick syrup. When pouring into sterilized jars add the grated orange rinds. Strain before using, and add plain or charged water. This may also be used to sweeten other drinks. If pineapple or grapefruit juice is used, add extra sugar.

STRAWBERRY PUNCH

1 cup sugar
1 cup strawberry juice
1 cup fresh strawberries
3 lemons
2 oranges
½ can shredded pineapple
1 banana

Boil the sugar in half a cup of water until it threads. Let it cool; then add the strawberry

juice, the juice of the lemons and oranges, and the shredded pineapple. Let stand half a day on ice; then add the fresh strawberries and the sliced banana. Dilute with one quart of water, and serve with ice.

RHUBARB DRINK

Boil gently two cups of sliced stalks of rhubarb and half a pound of chopped figs or raisins in three pints of water for half an hour. Strain through coarse muslin, and add the juice of one lemon and two oranges. Sweeten to taste. Ice before serving.

CRANBERRY DRINK

Cranberry juice is the sourest of all fruit juices. It can therefore be reduced with considerable quantities of water without becoming tasteless. Use it like lemonade as a sour drink, and do not attempt to make it merely a flavored syrup by using an excessive amount of sugar. When cranberry jelly is made by running the cooked cranberries through a colander, the residue, reheated with water, will make cranberry drink.

SKIM-MILK COCOA

For those on a reducing diet, cocoa can be made of skim-milk; but the fresh skim is too watery. Condensed or powdered skim-milk, with a little cocoa and sugar, makes a palatable and very nutritious drink, and one that is strengthening rather

than fattening. If enough of this concentrated skim-milk is used, the drink will not taste thin and flat, but quite rich and nutritious.

RICH MILK COCOA

Cocoa should be a highly nutritious drink, but if enough cocoa powder is used to make it so, it will be quite bitter, and a large quantity of sugar will be required to overcome this. The better forms of cocoa are made with a large amount of milk. This is easily accomplished by mixing the cocoa powder with the sugar, then stirring in about half the quantity of boiling water. When this has boiled for a minute, add an equal quantity of evaporated milk. Cocoa so made is very fine for those who wish to take more milk, but do not like the flavor of straight milk.

PEANUT NOG

½ cup peanut butter — 3 lemons
⅓ cup of sugar

Mix the peanut butter in a bowl with a little water until it makes a cream. Add more water, stirring continuously to make a perfect emulsion. Strain into a pitcher. Add strained juice of lemons and the sugar, and stir until dissolved. Add water to make five glasses altogether. This may be served either hot or cold.

EGG NOG PLAIN

5 eggs (beaten separately) — 4 tablespoons sugar
Nutmeg or vanilla
4 cups milk

Add the milk, sugar and flavoring to the beaten yolks, mixing thoroughly. Then fold in the whites, beaten until stiff.

ORANGE EGG NOG

3 eggs
1 lemon
2 or 3 oranges
⅓ cup sugar or honey

Beat the eggs, mix with a little water, and strain. Add the strained fruit juices, with the sugar and as much water as is needed to make the drink as strong or weak as desired.

PINEAPPLE EGG NOG

½ cup pineapple syrup
1 egg

For each serving, beat the yolk of one egg with half a teaspoon of powdered sugar and half a cup of syrup from canned pineapples. Add half of the stiffly beaten egg white, stir into the drink, and heap the remainder on the top of the glass.

PEACH LEMONADE

1 cup juice from canned peaches
1 lemon
¼ cup sugar

Add to the juice from cooked or canned peaches the juice of one lemon and a pint of water. Sweeten according to the amount of sugar in the peach juice.

CREAMY EGG NOG

5 eggs
2 cups thick cream
2 cups milk
4 tablespoons sugar
Nutmeg or vanilla

Beat the yolks and whites of the eggs separately and whip the cream, adding the milk as it gets stiff. Then whip in the yolks, sugar and flavoring. Fold in the well-beaten whites, and thin with milk as desired.

NUTTED EGG NOG

To the beaten yolk of an egg add several large spoonfuls of milk (according to size of glass used), enough honey or sugar to sweeten, and two spoonfuls of ground nuts; then beat well. Pour into a glass, and add the beaten white of the egg, slightly sweetened. Sprinkle lightly with the ground nuts.

EGG CREAM

Whip the white of an egg until quite stiff, then add one large spoonful of honey with two-thirds of a cup of rich milk. Whip well together, and serve as egg nog, sprinkling lightly with grated cocoanut.

ORANGE CREAM

Separate the yolk and white of an egg, whipping each until of a stiff, frothy consistency. Then add the juice of one orange to the yolk, and beat well. Pour in the beaten white, and whip to a cream. Serve as egg nog, using one orange to each egg.

BERRY CREAM

To the stiffly beaten white of one egg, add two large spoonfuls of crushed berries, stirring

thoroughly. Pour this into a glass, and add equal parts of milk and cream to fill it. Mix well, and sprinkle with ground nuts.

STRAWBERRY CREAM

To one large spoonful of strawberries, mashed and stirred to a liquid, add the beaten white of one egg, two spoonfuls of honey and two large spoonfuls of cream. Beat thoroughly, and add milk enough to fill the glass. Sprinkle with mixed nuts and cocoanut.

FRUIT TRIFLE

After macerating half a banana to a liquid, add three large spoonfuls of grape juice, the beaten white of an egg, four large spoonfuls of thick sweet cream and one quarter of a glass of milk. Beat well together, and serve in a glass with whipped cream on top.

BRAN TEA

1 pint bran 1 quart water

Soak in cold water overnight, or in warm water for a couple of hours. Strain off this water, heat, and serve with cream and sugar.

BRAN LEMONADE

Prepare bran water as in the above recipe, and add lemon juice and sugar. Serve either hot or cold.

ICED COCOA

Cocoa made in the ordinary fashion is not palatable cold. But the following method of preparing and serving it is both successful and simple. First prepare a heavy syrup by boiling together a cup of cocoa powder and two cups of sugar with a little water, until a smooth rich syrup is obtained. Set this aside to cool. When the drink is wanted put a tablespoon of this syrup into a glass, add cracked ice and fresh milk, or condensed milk, with an equal quantity of water. Whipped cream may be set atop each glass.

CHAPTER XXXIV

Natural Candies

ORDINARY candies at best are plain sugar, and at worst are drugged and doctored concoctions of very doubtful wholesomeness.

Candy-eating is a dangerous habit, especially for growing children. Its danger lies not so much in the adulteration of commercial sweets, once so common and still not unusual, but rather in their denatured quality and their substitution for more complete and wholesome foods.

But children like candy—and so do grown-ups—and they are likely to feel that they are being deprived of something good which other children have if they are wholly denied any sort of sweets. Under these conditions I think it wise to substitute home-made nut and fruit confections for commercial candies.

You will know that these candies which you make yourself contain no harmful ingredients, and that no injury will come from their temperate use.

Sweet fruits, nuts, chocolate and milk are really nutritious elements that may be used in candy-making.

When sweets are purchased, I would recommend raisins, dates, figs, milk chocolate, or milk chocolate almond bars.

COCOA FUDGE

4 ounces powdered cocoa
4 cups sugar
2 cups milk
2 ounces butter

Rub up the cocoa into a paste with a little of the milk, and then cook all of the ingredients together except half a cup of the milk. Now boil all ingredients for a time, and then add the half cup of milk held in reserve. Continue cooking until the mixture forms a soft ball when dropped into water. Then remove, and beat until just thick enough to pour into buttered tins. A little vanilla helps the flavor.

HOME-MADE MILK CHOCOLATE

While it is a little difficult to get the hardened cakes, as in the manufactured article, a very tasty and wholesome form of candy can be made at home by combining milk, sugar and chocolate. The simplest form is made by adding grated chocolate, or ordinary breakfast cocoa, to condensed sweetened milk. Do not use too much chocolate, about half a cup to a can of milk being ample. This will require further cooking, but if powdered milk is available, the candy can be made with but a small quantity of water, and will require only enough cooking to melt the sugar.

DIPPED FRUIT BALLS

1 cup dates ½ cup nuts
1 cup seeded raisins

Chop the fruit and nuts, mix, and roll into balls the size of a marble. Dip in chocolate and place on oiled paper to cool.

MILK CHOCOLATE COATING

½ pound sweet chocolate
2 tablespoons evaporated milk
1 tablespoon butter

Put the chocolate in a double boiler, and when melted stir in the milk and butter. If too thick, add a little more water. Keep over the hot water while dipping the fruit balls. This coating may be used for any kind of candy.

FRUIT CARAMELS

2 cups brown sugar
¼ cup water
½ cup cocoanut
½ cup corn syrup
½ cup dates
½ cup figs
1 cup seeded raisins

Boil sugar, syrup and water till the liquid threads. Remove from fire, add the fruits very finely chopped, and grated cocoanut. Stir well and turn out onto waxed paper dusted with powdered sugar. Cut in squares.

FRUIT CONFECTION

1 pound dried figs
½ pound dried prunes
½ pound seeded raisins
¼ pound dried apricots
¼ cup honey
1 cup chopped nuts

Run the fruit through a food-chopper. Mix the honey and nuts, and knead. Press into a form, and cut in cubes. Roll in shredded cocoanut.

GLACED RAISINS

Cook two cups of sugar until it melts. An iron frying-pan is best for this, and the sugar must be stirred constantly to prevent burning. Split large raisins, and put a small piece of nut in the center of each. Dip the raisins, one by one, on a fork, into the syrup, and put to drain on waxed paper. Keep the syrup over hot water while dipping. It may be seasoned with oil of cinnamon, cloves or peppermint, if desired.

NUT AND FRUIT BONBONS

½ cup seeded raisins
½ pound mixed nuts
2 figs
¼ cup shredded cocoanut
Large piece of orange peel

Put all together through a meat-chopper, and form the paste into balls. Dip these in melted chocolate, and place on waxed paper to cool and harden.

NUT CONFECTION

¼ pound figs
¼ pound dates
2 ounces walnuts
¼ pound seeded raisins
2 ounces candied cherries
2 ounces Brazil nuts
2 ounces blanched almonds

Mix all the fruit and nuts together, and put through the food-chopper. Press into a wet mould and chill. When ready to serve, remove from mould, cut in slices, and roll in granulated sugar. This confection, placed between slices of whole-wheat or Graham bread, generously buttered, makes delicious sandwiches.

RAISIN AND PEANUT BALLS

1 cup shelled peanuts
1 cup seeded raisins
Molasses, syrup, or honey
Finely chopped peanuts

Put the whole peanuts and the raisins through the food-chopper, using the large blade. Moisten with enough molasses, syrup, or honey, to make the mass mould easily, form into balls, roll in the finely chopped peanuts, and set in the refrigerator for an hour.

FRUIT CHOCOLATES

1 cup seeded raisins
1 cup dates, pitted
¼ teaspoon cinnamon
1 teaspoon grated orange rind
½ teaspoon vanilla
½ pound dipping chocolate

Put the raisins and dates through food-chopper. Add the orange rind, cinnamon and vanilla. Mix well and form into balls. Melt the chocolate in a double boiler. Dip the balls into it one at a time, using a wire chocolate-dipper, or a hat-pin. Place on waxed paper to cool and harden.

RAISIN CIRCLES

Seeded raisins
Prunes
Orange juice, or honey

Wash equal parts of raisins and prunes. Grind in a food-chopper, and add enough strained orange juice or honey to make a smooth paste. Form into rolls and put in a cold place to harden. Then cut into circles of the desired thickness, and wrap each circle in waxed paper.

SOUR CREAM RAISIN FUDGE

½ cup thick, sour cream
⅓ cup water
2 cups sugar
⅛ teaspoon salt
¼ teaspoon soda
½ cup seeded raisins
2 rounded tablespoons cocoa

Boil all the ingredients except the raisins together without stirring until the syrup forms a soft ball when dropped in water. Let stand until cool, then beat. Add the raisins and pour into a buttered pan.

CHAPTER XXXV

Preserving Foods

THE three methods of preserving foods that are advisable for home use are:

(1) Preserving with sugar. (2) Sterilizing by heat and sealing. (3) Desiccation, or drying.

Other methods of preserving foods are by salt, or vinegar; by fermentation, as in the case of sauerkraut; by smoking; and by keeping cold. These methods are either not particularly advisable from the standpoint of the wholesomeness of the product, or they are not feasible for home use.

I would advise that home preservation be confined to fruits and vegetables. Meats can be canned, but it is not worth while to do this in the home. Eggs can also be preserved in a fashion by the use of lime, or water-glass, and these methods are widely advertised. But Mr. Hastings, who was at one time the egg-storage expert for the Department of Agriculture, advises me that such home preservation of eggs is a mistake, the product being inferior to commercial cold storage eggs.

PRESERVATION WITH SUGAR

Jellies, preserves, jams and marmalades come in the class of foods preserved by sugar. Common sugar is a preservative agent when used in a concentration that gives a weight not less than half the total weight of the product. In other words, any material that is fifty per cent or more sugar will not sour or ferment. It will mold, however;

hence it is necessary either to seal it, or cover it with paraffin. The paraffin is the more convenient for firm jellies, but for preserves and jams it is better to seal in ordinary fruit jars. If they are sealed hot, then, of course, they may have less sugar, for they will keep because of the sterilization and sealing.

Jellies and preserves are a relatively wholesome form of sweets. While sugar is added, the fruit pulp or juice is usually boiled down and concentrated, so that the finished product is rather similar in composition to natural sweet fruits like dates or raisins. However, it seems to me that the preferable form for the preservation of fruits is canning or desiccation, which makes it possible to serve them in a form more nearly approaching their natural condition.

I would therefore suggest that when fruit is scarce you preserve it either by canning, or, if you are experienced and have the proper facilities, by desiccation. But if there is fruit in abundance, and more than you would care to use in the canned or dried form, then the making of preserves and jellies is certainly most desirable. Materials which one does not care for when canned, or prepared in other more ordinary ways, can be made into excellent jellies or preserves.

No one would think of canning green tomatoes, but green tomato preserves are highly prized. Watermelon rind, worthless for other purposes, makes fine preserves or sweet pickles, and many green fruits which make the very best of jellies are of little use in any other form.

PROPER METHODS OF CANNING

Tomatoes and high-acid fruits, or fruits that are put up with considerable sugar, are easily canned. This is because the acid or sugar acts as a preserving agent; hence if ordinary skill and cleanliness are used, such materials may simply be cooked in an open kettle and sealed hot in clean scalded cans. If the seals are tight and the cans are kept in a cool place, there will be little loss or spoilage.

But for vegetables, which do not contain the preserving element of acid or sugar, more careful methods of sterilizing are required to insure the destruction of all germ life. Three methods are followed: the reheating of the cans in a bath of boiling water; steaming for three successive days; or heating for a single period to a higher temperature than boiling point by means of the steam-pressure cooker (or canner, as the larger sizes are called). The latter method is the most convenient, and for those who live on farms and expect to do much canning, the steam-pressure cooker is a wise investment.

These superior methods of canning also have an advantage even when applied to fruits that might be canned in the old-fashioned way, for they can be placed in the cans before cooking, and, if steam pressure is used, can be cooked in a shorter time. The result is that they are not cooked to pieces and have a much better appearance. If unfamiliar with canning, or if attempting to can vegetables when your previous experience has been with fruit, I should suggest that you write to the United States Department of Agriculture, at Washington,

and ask for their very excellent bulletin on the subject. This will not only explain all the different methods, but will give you detailed instructions to be followed with each food.

DRYING OR DEHYDRATING FOODS

There is not much choice on the whole between canning and drying as a means of preserving foods. Both methods turn out a wholesome product in which most, if not all, of the food properties are preserved. Canning is perhaps simplest for small-scale operations, and when there is only a little surplus fruit to be preserved it is quite satisfactory. When there is a considerable bulk of materials to be handled, and especially if one wishes to preserve vegetables, it is worth while to learn how to dehydrate foods properly.

Of course anyone can dry foods on a small scale, but the product is likely to be inferior in quality and flavor unless one understands what one is doing. Here, as in relation to canning, I would advise those who wish to obtain the best results to send to the Department of Agriculture for a bulletin on the subject. The government experts worked out all these problems of food preservation during the war, and you might as well benefit by their knowledge.

While I do not think any form of preserved food is as desirable as the fresh ripe product, certainly it is better to use properly preserved fruits and vegetables than to go without them. There is also an actual advantage in variety of form and flavor

to be gained by using both canned and dried foods, as each has a flavor of its own differing somewhat from that of the fresh article.

PRESERVING FRUIT JUICES

The use of fruit beverages should certainly be encouraged, and I am told that the demand for fruit juices is growing very rapidly. The grape growers, who were afraid they would be ruined by prohibition, have, instead, prospered amazingly on account of it, receiving more for their grapes for the manufacture of grape juice than they did from the wineries.

Probably the most popular of all fruit juices is grape juice. The best quality of this is made, not by cooking the grapes, but by pressing the juice out cold, or after heating to a temperature not above 175 degrees. After settling and filtering, the juice is bottled and pasteurized at a temperature of 180 degrees. Apple juice, or sweet cider, may be preserved like grape juice. When berries are abundant their juices may also be pressed out and preserved. There is very little lost in this process, as almost all the substance is in the juice. Berry juices are real luxuries.

CHAPTER XXXVI

Physical Culture Menus

SIX types of menus are given:

The uncooked or "natural" diet, two meal plan.
The uncooked or "natural" diet, three meal plan.
The lacto-vegetarian diet, two meal plan.
The lacto-vegetarian diet, three meal plan.
The light meat diet, two meal plan.
The light meat diet, three meal plan.

These types of diets run from lighter to heavier in the order as given. The food quantity or "heaviness" of any diet can be adjusted by either the number of dishes or the quantity of food served.

In all the menus, where other bread is not suggested, it is presumed that whole wheat bread and butter will be served. Even in the uncooked diet, cooked whole wheat bread is often served, there being no practical uncooked bread readily available. Grain food may be wholly dispensed with in a light diet, but hardly in an economical heavy diet. Uncooked flaked cereals are wholesome but a little monotonous. The sweet fruits combined with nuts will also yield a heavy diet such as can hardly be attained with uncooked vegetables and fresh fruits.

Bread and butter serve as a good variable quantity to enable different individuals to eat lighter or heavier at the same served meal.

The numbers that follow each food item indicate the page in the book on which the recipe is found. Items having no such numbers are so simple that recipes are not published.

Uncooked Menus

Two Meal Plan

I

Luncheon

	PAGE
Uncooked Fruit Cereal	146
Raisins with Raw Peanuts	292
Uncooked Vegetable Medley	260
Orange Egg Nog	343

Dinner

Cottage Cheese eaten with Figs	
Cabbage Nut Salad	256
Junket Custard	295
Fruit Trifle	345

II

Luncheon

Uncooked Whole Wheat	146
Endive Cheese Salad	261
Prunes with English Walnuts	292
Peanut Nog	342

Dinner

Apple Nut Soup	176
Raw Carrot Salad	255
Nut Confection	350
Egg Cream	344

Uncooked Menus

Three Meal Plan

I

	PAGE
Breakfast	
Uncooked Fruit Butter	384
Whole Wheat Bread	124
Milk	
Luncheon	
Combination Raw Salad	257
Marble Dessert	284
Pineapple Egg Nog	343
Dinner	
Carrot and Corn Salad	256
Figs eaten with Cottage Cheese	
Orange Butter Milk	339
Nut Confection	350

II

Breakfast	
Uncooked Fruit Cereal	146
Milk	
Luncheon	
Raw Corn Salad	262
Nut and Fruit Marmalade	293
Plain Egg Nog	342
Dinner	
Uncooked Cauliflower Salad	259
Dates and Raw Peanuts	
Orange Malted Milk	339
Fruit Confection	344

Vegetarian Menus

Two Meal Plan

I

Luncheon

	PAGE
Hot Honey and Rice	147
Scrambled Eggs with Cheese	161
Orange Malted Milk	339

Dinner

Vegetable Soup	181
Nut Loaf	222
Tomato Sandwich Salad	260
Jellied Dates	303
Peanut Nog	342

II

Luncheon

Boiled Wheat (143) with Figs and Cream	
Brazilian Nut Layer Salad	274
Milk	

Dinner

Spinach Soup	178
Italian Spaghetti	220
Lettuce and Onion Salad	259
Nut Cornmeal Pudding	319
Orange Oatmeal Drink	340

III

Luncheon

	PAGE
Peanut Butter Biscuits	140
Honey	
Pineapple Nut Salad	272
Rich Milk Cocoa	242

Dinner

Corn Chowder	183
Vegetarian Baked Beans	218
Cold Slaw	259
Raisin Peanut Balls	357
Nutted Egg Nog	344

IV

Luncheon

Boiled Wheat (143) with Dates and Cream	
Cottage Cheese and Cabbage Salad	268
Milk	

Dinner

Celery Soup	178
Vegetarian Roast	211
Sour Cream Salad	257
Almond Pudding	315
Bran Cookies	333
Creamy Egg Nog	344

Vegetarian Menus

Three Meal Plan

I

	PAGE
Breakfast	
Sliced Orange	
Corn Waffles	136
Honey	
Milk	
Luncheon	
Cheese Omelet	169
Luncheon Salad	269
Bran Muffins	131
Banana Whip	290
Dinner	
Cream of Asparagus Soup	177
Peanut Cutlets	223
Escalloped Parsnips	199
Maple Cup Custard	296
Bran Tea	345

II

Breakfast	
Cereal Flakes with Berries	
Rich Milk Cocoa	342
Luncheon	
Vegetable Stew with Nut Dumplings	213
Egg Salad	267
Fruit Cup	287
Dinner	
Nut Butter Fruit Soup	176
Corn Omelet	169
Green Pea Shortcake	199
Floating Island	297
Creamy Egg Nog	343

Light Meat Menus

Two Meal Plan

I

Luncheon

	PAGE
Berry Toast	289
Baked Potatoes on Halfshell	205
Egg Salad	267
Bran Muffins	131
Buttermilk	

Dinner

Cream Potato Soup	183
Chicken and Green Pea Salad	236
Stuffed Peppers	200
Whole Wheat Layer Cake	328
Junket Ice Cream	310

II

Luncheon

Figs in Honey	287
Sweet Potato Puff	211
Cottage Cheese Salad	264
Oatmeal Muffins	138
Milk	

Dinner

Creole Gumbo	235
Salisbury Steak	229
Succotash	196
Orange Banana Pudding	316
Peach Lemonade	343

III

Luncheon

	PAGE
Stuffed Prunes	285
Macaroni and Cheese	221
Nut and Olive Salad	263
Whole Wheat Raisin Buns	133
Milk	

Dinner

Cream of Peanut Soup	176
Physical Culture Steak	230
Baked Onions with Peas	198
Pineapple Pie	326
Orange Cream	344

IV

Luncheon

Banana Whip	290
Eggs à la Golden Rod	165
Scalloped Turnips	209
Corn Muffins	134
Cocoa	342

Dinner

Parsnip Chowder	183
Little Pigs in Blankets	239
Creamed Carrots and Peas	192
Prune and Rice Pudding	314
Cranberry Drink	341

Light Meat Menus

Three Meal Plan

I

	PAGE
Breakfast	
Berries with Cream	
Whole Wheat Toast	
Milk	
Luncheon	
Dried Beef with Egg	232
Tomato Cress Salad	256
Apple Custard	297
Dinner	
Tomato Rice Soup	177
Potato Meat Pie	234
Fresh Creamed Corn	195
Baked Peaches	285
Grapefruit Punch	337

II

Breakfast	
Sliced Oranges	
Whole Wheat Waffles	132
Maple Syrup	
Cocoa	342
Luncheon	
Cornmeal Salmon Patties	239
Stuffed Beet Salad	262
Orange Jelly	301
Dinner	
Celery Soup	178
Stuffed Steak	231
Baked Onions	197
Lettuce and Grapefruit Salad	276
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